Most for Your Money COOKBOOK

50¢

by Cora, Rose and Bob Brown

MOST FOR YOUR MONEY COOKBOOK

By Cora, Rose and Bob Brown

These famous culinary Browns have literally eaten their way around the world. They have lived and cooked in Spain, France, Germany, Hungary, Russia, China, Japan. They have discovered the secret of excellent food, which does not lie in elaborate or expensive dishes, but in making the most of your market—and your budget. In this new book the authors of THE WINE COOK BOOK, THE COUNTRY COOK BOOK and TEN THOUSAND SNACKS tell you how to make inexpensive materials into delicious dishes, all kinds of new tricks to lend glamour to conventional meals. Many of the recipes which are prized possessions of the Browns have never appeared in a cookbook before.

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MOST FOR YOUR MONEY COOKBOOK

COOK BOOKS *by*
CORA, ROSE *and* BOB BROWN

MOST FOR YOUR MONEY COOK BOOK

10,000 SNACKS

THE COUNTRY COOK BOOK

THE WINE COOK BOOK

THE EUROPEAN COOK BOOK

Most for Your Money

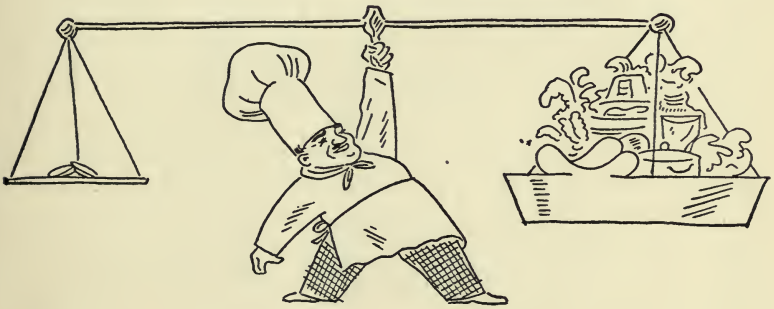
COOKBOOK

BY

CORA, ROSE *and* BOB BROWN

WITH DECORATIONS BY

Julian Brazelton



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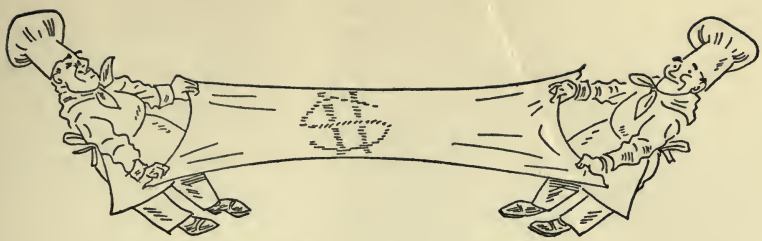
MOST FOR YOUR MONEY COOKBOOK



FOREWORD

Stretching the Food Dollar

(*Skip this if you're hungry; the real recipes begin in the next chapter*)

Since a third of the average family income goes for food, that's a logical front on which to combat the high cost of living. But it's ridiculous even to consider reducing or unbalancing the diet by skimping or cutting it, especially the vitamins and calories. It should, instead, be expanded to include everything our bodies need all the way from the high chair to the coffin. And this can be done without enlarging the food budget, which in most cases can't take it anyway. For true cooking economy doesn't mean being tight or following the fallacious old Scotch maxim "Cook less and the family will eat less," but in learning the fullest use of all available foods and methods of getting the most out of them. Thrifty Europeans, who, as a rule, live better than we do on less, claim that we throw away more than we eat, and that comes too close to the truth to be any comfort to our intelligence. But even if we won't stop wasting and listening to the siren call of radio experts who sell us foodless food, blown up bran at half a dollar a pound and readymixed gingerbread that costs more to make than the finished cake would be at an honest baker's, we certainly can stretch the food dollar by countless culinary tricks, all of which are appetizing, healthful and interesting.

For instance, few cooks know the advantage of snow as an ingredient, yet a cup of freshly fallen snow actually takes the place of two eggs in making a pudding light and toothsome. Likewise, snow saves on milk in mixing Snow Waffles and Pancakes which have a finer texture because of the chemicals released in melting — some say it's the ammonia.

And anybody with access to a sunny window can cook jam and preserves at no cost, by using the sun's heat for fuel. Also, a costless, fireless cooker supplements the stove for dishes requiring long cooking.

In lavish pioneer days our ancestors naturally went for the prime cuts, tenderloin and chops, and threw away the equally valuable giblets, kidneys, hearts and tidbits, all of which are quite as good for us as the calves' liver which doctors discovered a few years back and which, as a result of their prescribing it for anemia and such, shot up in price from ten to seventy cents a pound. The same thing happened with the sweetbreads butchers used to throw away because it was so hard to give them away. As for liver, lambs' liver still sells for 30¢ a pound and is just as succulent as calves' at more than twice the price — we honestly prefer it, and get added satisfaction out of the saving. But calves' hearts, all meat and no waste and even tastier than the liver when well cooked, are still a drug on the butcher's block. For a dime we buy two of them, weighing well over a pound, and make them into ritzy dishes we wouldn't be ashamed to set before Oscar of the Waldorf. As a matter of fact, he'd probably prefer our Braised Hearts to Capon *à la Financière*, for chefs know what's what and their favorite food is raw hamburger — Beef Tartar, the fresh uncooked meat that can't be faked by cooking it "high" with onions.

The insular English who never knew our abundance have always enjoyed frugal meat dishes such as "Bubble and Squeak" and "Toad in the Hole," while the epicurean French go for a dish of lungs, which we throw away. Kidneys, which we also neglect, are almost as much of a fetish with Englishmen as calves' liver with us, and when Englishmen travel — those who can afford

to — they have frozen kidneys shipped out to them even in Egypt.

We throw away chicken feet, while in Europe they're made into the very best Strassburg aspic we ever tasted. No other aspic is a scratch on it, even though it may cost ten times as much. Likewise blood sausage is popular abroad, while here they say pig's blood is used chiefly to adulterate milk chocolate. And few of us believe what good Jewish cooks know, that chicken fat spread on bread is even tastier than butter. Pig's feet we eat, but the cheaper and tastier French dish of "sheep's trotters" is still to be discovered. When common food prejudices are overcome, as they were recently in Iowa when roast crow went on the menu after "Make him eat crow" had been an insult for centuries, we increase our scope enormously. The "pickled green plums" our fathers turned up their noses at are now indispensable olives, shipped fresh, too, from California and pickled at home at a fraction of the bottled cost. And ever so much livelier. The wings of a skate, which we throw away, mean "rai au beurre noir" to Parisians and Londoners who are delighted to get them at a dollar a plate. While eels, of course, anywhere but here, sell for prohibitive prices, especially when smoked, in Dutch style.

Honey, which needn't cost more per pound than plain sugar if bought at the source in family quantities, serves as a cheaper sweetener because you're likely to use less, or maybe because it's sweeter, and there's the added value of the flavor given to many cereals and desserts. The honey-handlers advise us to use less of it and get the full flavor by "drizzling" from a spoon instead of just pouring. This more appetizing method makes the honey jug do double duty for the same cost and can be extended to any syrup. Once you've drizzled you'll never go back to pouring.

As for cereals, wheat frumenty and cornmeal mush stretch the breakfast dollar like rubber. In the wheatless and meatless days of the war, books came out with 150 different ways to cook corn, cheapest of our grains, and as a change, especially with new top-o'-the-table griddles and ovens, we can be our own hot biscuit bakers and put the saving on in the form of butter and maple syrup.

A few grains of buttered popcorn in a cream soup make it a different dish and the possibilities of a-dime-a-pound peanuts are practically unexplored. (One book contains 105 recipes for making fine peanut dishes.) And if you live where pecans are cheap, get a copy of *800 Proved Pecan Recipes*. Lentils and Jerusalem artichokes are neglected but economical. Grade A buttermilk at ½ the price of Grade B fresh milk in many places is a wholesome substitute. Canned ripe pineapple is a better buy than fresh. Potatoes baked in their jackets are more nourishing than boiled (the roasted skin is the best part, once you learn to like it). The new spaghetti squash makes a big platter of vegetable spaghetti for half price and furnishes table talk for a week; even its tender seeds are more than edible. There's a free clamjuice cocktail in the juice of every half dozen clams, and besides, this juice and the soft parts of clams serve as oyster sauce at 50% discount, and many like it better. But mussels, tender and more digestible than clams, are disdained. Frogs and crayfish are used chiefly in creole and French-influenced sections. Broiled salt codfish with garlic is a gourmetic delight. Evaporated milk is just as good as cream in some recipes, or in coffee — we know a woman's bowling team that voted 90% for this preference. By crushing a clove of garlic you release more flavor than by using two or three uncrushed. Inexpensive Chinese soy sauce is the basis of most expensive bottled sauces. You can make your own anchovy essence for next to nothing, have green garnishings, bean sprouts and such growing without earth in a kitchen pan all winter. By saving celery leaves and drying them you've got something better than celery salt, and half the value of watermelon is thrown away in the rind, a cinch to pickle — and do they like it! Same goes for orange and lemon skins to be kept for drinks and seasoning; kumquat skins actually are finer than the fruit. You can double the bulk of a fine butter to go with seafood by using cast off crayfish, crab and lobster shells.

But by now you should be convinced, so let's to recipes, with one last word of explanation:

Since this book aims to give the tastiest and most nourishing dishes at the lowest cost, the recipes are arranged under each heading according to their value in economy and quality combined.

Thus the first recipes in each division are the best all around bargains, the most for your money, and the last ones, while just as acceptable and practical, will cost more, take more time and trouble, but may better please some individual tastes. In this way there should be enough variety to go around.

THE AUTHORS

I. *Substantial Soups*

In former days splendid vegetable soups, enriched by ten-cent beef bones — with plenty of meat left on them — simmered for hours on the back of coal ranges while washing, ironing and baking were going on. And were they good! Whole meals in themselves which built the sinew of our nation. Those were the days, too, when frugal housewives kept an iron "stock pot" constantly stewing, into which they tossed all meat and poultry trimmings, ham bones and left-overs, to provide a continual supply of strong meat broth for soups and gravies.

With the change from coal to gas and electricity in the kitchen, and with soup meat now as dear as beefsteaks used to be, these old-time comforts are in the luxury class today. In the modern American home, soup seldom appears at a simple family dinner, but is reserved for special occasions and then often only a little bit is served for show alone. The canned soup manufacturers are the

ones who now fatten on our soup needs, although some of them furnish us with fine quality and fair value.

In Europe, however, the soup pot still bubbles, especially in France, in spite of the fact that most cooking over there is done on small fires of charcoal, or with faggots brought on the back from the roadside. But instead of abandoning their soups, they have invented a whole flock of delicious meatless varieties, mostly made out of things we throw away. These form the basis of the evening meal of the proletarian or petit bourgeois French family, and in smaller towns and villages the workman or peasant takes his steaming bowl and crusty honest hearth bread to the front stoop, where he consumes them at leisure, enjoying the air and conversation with passers-by at the same time.

And here let us note that all soup tastes better out of a thick generous bowl which has been well heated in advance. The flavor will not escape, as it does from the large surface of a soup plate, and the last spoonful is as hot and good as the first.

Many of the recipes which follow were gathered in a thrifty little town, on the Riviera, and some of them cost nothing at all beyond the trouble of putting them together, for they are made of the liquids in which vegetables have been cooked for a former meal. These liquids, rich in salts and vitamins, the French cook calls *bouillons*, just as she does the broth in which meat has been boiled. And she doesn't waste a drop, for any vegetable pot liquor that doesn't go into the soup is used to thin the next meat gravy or furnish a sauce for some other vegetable. In making the gravy for a roast, for instance, the French housewife doesn't just reach for the teakettle or carelessly throw in some cold water, but tilts up the saucepan in which potatoes, peas, celery, or some other vegetable may be cooking, and adds to her roasting pan contents some of the well-flavored and nourishing vegetable juices.

GREEN PEA — CELERY — CARROT SOUP

Strain the liquids in which green peas, celery and carrots have been boiled. Put the green pea liquor in a saucepan and add celery liquor until its taste is clearly discernible. Then add carrot liquor until the flavor of the mixture is slightly sweet, remembering that

carrots contain a large percentage of sugar and too much will make the soup unpalatable for some people. When the combination pleases your taste, add salt if necessary, a dash of cayenne, and heat to boiling. Cut stale slices of bread into cubes, fry brown in butter or bacon fat, lay in bottom of soup tureen or individual bowls and pour the soup over them. A few leftover peas, dropped in, add appetizing color.

Three vegetables always make a better soup than two, but just carrots and peas will do, with the addition of a little celery salt.

STRING BEAN AND POTATO SOUP

In 2 tablespoons butter slowly cook a minced onion, but do not let it color. When tender add a tomato, either fresh or canned, and stir until it thickens. Then add the liquor in which about a pound of green beans have been boiled, and the water from 4–5 potatoes with a little of the potato, well mashed. Season with salt and pepper and pass all through a sieve. Reheat and serve.

The water in which almost any green vegetable has been boiled may be used in this manner. Exceptions are the waters from bitter greens, egg plant and artichokes. (*See page 12.*)

ASPARAGUS AND RICE SOUP

Heat water in which asparagus has been boiled. Add ½ cup boiled rice. Or add 4 tablespoons uncooked rice, well-washed, and cook rapidly 20 minutes. Season, and add a tablespoon lemon juice or a few drops vinegar. Beat yolk of an egg or two in the bottom of a soup tureen, put in a tablespoon butter, and slowly stir the hot soup into this to make a frothing, appetizing dish.

POTATO — CELERIAC — ONION SOUP

Water from boiled potatoes, celeriac (celery root), and onions. Mix to your liking, being careful not to put in too much onion water. Throw in any left-over vegetables — beans, peas, cabbage, and tomato will make this soup all the richer. Heat to boiling, press all through a sieve. Cut 2–3 slices of bacon into tiny squares (kitchen shears are handy for this) and fry crisp; scatter on top of soup when

served. Save bacon grease for other frying. A teaspoon of minced parsley or other herb helps both appearance and taste.

The above recipes suggest a few of the dozens of combinations which can be made. The only vegetable broths we never save are from artichokes and eggplant, and from certain bitter greens like dandelion. Of course the vegetables must have been carefully cooked if the cooking water is to be good in soup. (See recipes for vegetables.) For instance, onions should always be parboiled, the first water thrown away and only the second water saved. And one must be especially careful in preparing cabbage; only the liquid from young cabbage is fit to be mixed with delicate vegetables, and the cabbage must be cut into quarters or eighths and dropped into rapidly boiling water; it should be cooked only 15–20 minutes, uncovered; boiled in this manner the broth alone, stirred well with a little butter and seasonings, is delicious and has a flavor that suggests delicate chicken broth.

BRUSSELS SPROUTS SOUP

Cook a quart of Brussels sprouts in salted boiling water, leaving the cover off the saucepan so they will retain their bright color. Save the cooking water. After serving them as a vegetable, heat any left-over sprouts in 2 tablespoons of butter, shaking the pan; sprinkle them with flour, have the water in which they were cooked boiling hot, throw them into it, cook 5 minutes, then press all through a sieve. Bring to boiling point again and pour over 2 egg yolks beaten with ½ cup milk. Serve at once.

Onions, potatoes and leeks combine well with Brussels sprouts; and a soup made in the proportion of 2 sliced onions, 4 diced potatoes, 2 chopped leeks and 2 cups of Brussels sprouts is a common family dish in Belgium. When all are tender the soup is pressed through a sieve, seasoned, and sprinkled with minced parsley.

VEGETABLE CREAM SOUPS

Any vegetable bouillon is quickly made into cream soup by blending 2 tablespoons of flour in 2 tablespoons of melted butter, and then slowly stirring in 2 cups of fresh milk, or evaporated milk thinned

with water; cook slowly, stirring constantly, until thick. Add 2 cups of vegetable bouillon and a little of the vegetable, and season with salt and pepper. Stir and cook until well mixed. Serve boiling hot. This is a good way to use up the small quantities of liquids from canned vegetables.

PEA POD SOUP

Wash young, tender peas before shelling, and put the pods in boiling water with a sprig of parsley, several lettuce leaves and a sliced onion. Cook uncovered until tender and press through a sieve. Season with salt, pepper and a very little sugar. Add any left-over peas after straining, and heat to boiling.

FRENCH PEASANT SOUP

1 ONION, CHOPPED
1 LEEK, CHOPPED
1 SLICE SALT PORK, CUBED
1 TABLESPOON FAT
2 CARROTS, CHOPPED
2 TURNIPS, CHOPPED
½ SMALL CABBAGE, CHOPPED
12 STRING BEANS, SLICED
3 POTATOES, SLICED THIN
2 QUARTS BOILING WATER
1 GARLIC CLOVE, CRUSHED

Slowly fry onion, leek and pork in fat, but do not brown; add carrots, turnips, cabbage and beans and slowly fry, turning occasionally with a wooden spoon. Then add boiling water, potatoes and garlic and bring to boiling point. Cook 4 hours over lowest heat or in a fireless cooker. Eat without straining.

JERUSALEM ARTICHOKE SOUP

3 TABLESPOONS BUTTER
1 LARGE ONION, CHOPPED
1 POUND JERUSALEM ARTICHOKES
2 LARGE POTATOES
2 QUARTS BOILING WATER
1 CLOVE
1 SPRIG CELERY LEAVES
2 SPRIGS PARSLEY
2 EGG YOLKS
2 TABLESPOONS MILK, OR WATER

Slowly fry onion in butter, but do not let it color. Add peeled and chopped artichokes, and the potato, peeled and quartered; slowly fry for a moment only. Then add water, and the clove, parsley and celery tied together with a thread so they may be easily removed at the end. Cook until vegetables are soft, remove the celery, parsley and clove, and press vegetables and liquor through a fine sieve.

Reheat, but do not let boil. Beat egg yolk with milk and add slowly, stirring soup all the time. More butter may be added if you like. Pour over cubes of fried bread, or add a little left-over rice during cooking.

CELERIAC SOUP

Peel and cut up 3 good-sized celeriacs, parboil, drain and finish cooking over slow fire in two tablespoons butter, but do not let it brown. Add ¼ the quantity of cut-up raw potatoes and 1½ quarts of boiling water and 3 beef or chicken cubes. Simmer until tender, press all through a sieve and simmer again until sufficiently thick.

ROUMANIAN CREAM OF POTATO SOUP

3 TABLESPOONS BUTTER OR FAT
3 LARGE ONIONS, CHOPPED
1 GREEN PEPPER, CHOPPED
1½ QUARTS BOILING WATER
2 TEASPOONS SALT
8 PEPPERCORNS
3 LARGE POTATOES, DRIED
1½ CUPS EVAPORATED MILK
1 TABLESPOON MINCED PARSLEY

Slowly cook onion in butter, add green pepper and cook until tender without browning. Add boiling water, seasonings and potatoes. Cook until soft and press all through sieve. Reheat to boiling point, beating in the milk. Sprinkle in the parsley and serve.

TOMATO TAPIOCA SOUP

3 TOMATOES
¼ BAY LEAF
SMALL SPRIG THYME (OR CELERY)
2 TABLESPOONS MINUTE TAPIOCA
1 ONION, SLICED
2 TABLESPOONS BUTTER
1 QUART BOILING WATER
SALT AND PEPPER

Cook tomatoes with bay leaf, thyme and onion until onion is tender and tomatoes are thick — about 30 minutes. Press through a sieve. Drop tapioca into salted boiling water and cook 5 minutes, or until clear. Add tomato mixture and cook and stir until well mixed, then stir in butter, add pepper, and serve. If the tomatoes are too acid ¼ teaspoon sugar will remedy that.

ECONOMY SOUP

Boil a minced onion in 1½ quarts stock or water, with a cup of bread crumbs. Press all through a sieve. Bring to boiling point

and season. Remove from fire and stir in 2 egg yolks beaten with a couple of tablespoons milk. Sprinkle grated cheese over each plate after serving.

OYSTER PLANT SOUP (1)

10 SMALL OYSTER PLANT ROOTS
1 TABLESPOON FLOUR
3 TABLESPOONS VINEGAR
3 CUPS MILK, SCALDED
1 TEASPOON SALT
¼ TEASPOON WHITE PEPPER
2 TABLESPOONS BUTTER
2 EGG YOLKS, BEATEN
OYSTER CRACKERS

Scrape roots, cut in ¾-inch slices and drop into 3 cups of cold water, mixed with vinegar and flour to prevent roots from discoloring. Let lie 15 minutes; drain, put into enamelled sauce pan, cover with fresh water and cook until soft. Strain and press through a sieve. Add milk and seasonings. Stir while keeping at boiling temperature, but do not boil. Add egg yolks, stir until yolks are well incorporated, taking care that they do not curdle. Eat with oyster crackers.

SALSIFY (OYSTER PLANT) SOUP (2)

Scrape 1 bunch of salsify, slice and throw slices for a few minutes into water acidulated with a tablespoon of vinegar. Drain and cook in boiling salted water until tender. Stir in 1 can evaporated milk, add white pepper and 1 teaspoon paprika, lay two tablespoons butter on top, and continue to stir until butter melts. When boiling hot it is ready to eat and tastes like oyster stew. It will be richer, however, if poured over two egg yolks which have been beaten with a tablespoon of cold water.

CARROT SOUP

6 LARGE CARROTS
1 ONION, CHOPPED
2 CELERY STALKS, SLICED
4 TABLESPOONS BUTTER
1 QUART CHICKEN OR VEAL BROTH (OR BROTH MADE WITH CHICKEN CUBES)
½ CUP CREAM (OR EVAPORATED MILK)
½ TEASPOON SUGAR
SALT AND PEPPER
2 CUPS COOKED NOODLES

Scrape carrots, quarter them and cut out the pale centers; dice the rest and cook with onion and celery in butter until they begin to color. Add broth and simmer until tender. Strain and press through a fine sieve. Put back over flame and stir until well incorporated. Add sugar, cream, salt, pepper and the noodles, which have been kept hot.

If you like raw carrots you might munch one with this.

ONION SOUPS

Basic Onion Soup is very simply made:

Slice onions thin, sauté golden brown in butter, pour hot water on, using ½ more than the quantity of soup you want. Cook until tender. Season with salt and freshly ground pepper, lay slices of toasted French bread or rolls on bottom of tureen and pour soup over them. Have a saucer of grated cheese handy for sprinkling on. Good imported Gruyère is best for this.

Or fill the soup plates, float toast on, cover it with cheese and brown quickly under grill.

Some recipes call for cloves, mace, parsley, and a poached egg in each bowl. Others are thickened with cream and meat broth, spiced with vinegar and garlic. None are quick soups.

There are two colors of Onion Soup, white and brown:

WHITE ONION SOUP

½ POUND SWEET BUTTER
½ POUND ONIONS, DICED
1 CUP BREAD CRUMBS
1 QUART MILK
1 PINT VEAL OR CHICKEN BROTH, OR WATER
PEPPER
SALT
NUTMEG
4 TABLESPOONS GRATED CHEESE

Sauté onions in butter for 1 hour, without browning, then add bread crumbs, milk and broth; cook 45 minutes more and put everything through a fine sieve. Heat, season and stir in grated cheese.

BROWN ONION SOUP

Made same as White Onion Soup, except onions are browned with diced bacon and cooked a little longer before straining.

Cream of Onion Soup is made with white sauce and the water in which cauliflower or celery has been boiled, or you might like a can of creamed vegetable soup instead. The sautéd onions are cooked in this; cream or evaporated milk and seasonings are added at the end and cheesed toasts floated in.

Fried croutons give zest to any onion soup, and the simpler the soup is made the better it is. You can get cozy brown bean pots at the five-and-ten from which to sup this soup piping hot in true tradition. The imported ones, costing a dime in France, are a dollar here in the specialty shops.

YANKEE ONION SOUP

3 ONIONS, SLICED THIN
¼ CUP BUTTER
1 TABLESPOON FLOUR
SALT
PAPRIKA
3 CUPS HOT WATER
2 BOUILLON CUBES
TOASTS
¼ CUP GRATED CHEESE, SHARP AMERICAN

Brown onions in butter, add flour, salt and pepper, simmer and stir for 2 minutes before adding bouillon cubes dissolved in the hot water. Simmer over slow flame for 30 minutes, stir once in a while, float toasts on, cover with grated cheese, which rapidly melts into luscious loops. Serves three.

FRENCH ONION SOUP

(SOUPE A L'OIGNON)

9 WHITE ONIONS, IN SLICES
1 TABLESPOON CHICKEN FAT
1 TABLESPOON FLOUR
BEEF BROTH
1 SUGAR CUBE
FRESHLY GROUND BLACK PEPPER
SALT
½ CUP CREAM
(OR EVAPORATED MILK)
THIN TOAST
GRATED GRUYERE CHEESE

Stew onions in chicken fat in covered pan until light golden. Stir in flour, stew some more, add beef broth, stir again and cook till tender, using more beef broth and the sugar, pepper and salt. When done, skim off fat, whip in cream, heat, put toast in bowls, cover with cheese, pour the soup on, and dig in.

SPANISH GARLIC SOUP

½ CUP OLIVE OIL
10 GARLIC CLOVES (4 CRUSHED, 6 MINCED)
3 PINTS BOILING WATER
3 SLICES BREAD
3 HARD-COOKED EGGS, SLICED

Slowly fry garlic in oil until brown, but not burned. Add a little water and cook until tender. Mash and add boiling water, stirring well. Season to taste. Cook 10 minutes. Heat oil in frying pan until it smokes. Cool a little and fry bread in it. Place bread in a soup dish. Pour soup over bread and put slices of hard-cooked eggs on top.

(From the Browns' *European Cook Book for American Homes*)

WATER CRESS SOUP

1 BUNCH OF WATERCRESS
1 ONION, SLICED THIN
2 TABLESPOONS OIL OR BUTTER
2 POTATOES, PEELED AND DICED
1 QUART SALTED BOILING WATER
¼ TEASPOON SUGAR
CAYENNE

Use only leaves and tender stem ends of cress, saving out a few leaves for the finished dish; chop, and start simmering with the onion in the oil, cook for 5 minutes, then add potatoes and continue to cook, but do not let them color. Add boiling water and simmer until potatoes are soft, about half an hour. Pass all through a fine sieve; season with sugar and cayenne; heat to boiling, stirring constantly. Serve at once with two or three fresh cress leaves in each plate. If desired, the soup may be further thickened with a tablespoon of flour stirred smooth in a little milk or cold water.

BORSCHT

The low-down on borscht is that it's any beef or beefless soup, with beets, cabbage, carrots and potatoes, eaten hot or cold, with or without sour cream. But borscht is made differently in every section of that broad beet belt stretching all the way through Russia, Poland and adjoining territories, so there's not much good in giving just a recipe or two to stand for all the hundreds of varieties. Besides, most borscht takes hours to prepare, so the practical thing to do when you get a yen for it is to slip into the handiest

Russian restaurant, where you can get a whole kettle full, with sour cream.

When borscht is made of fermented beet juice, it takes a lot of beating, just as German sauerbraten does when done in beer vinegar, but who's got time to fix either of these today? We only wish we knew of a good canned beet soup to recommend. A Russian friend of ours, Anna Sherover, makes a famous ½ hour soup, and it's the best borscht in uptown New York, anyway on the West side.

ANNA SHEROVER'S BORSCHT

4 MEDIUM SIZED BEETS, PEELED
1 ONION, GRATED ON MEDIUM GRATER
JUICE OF 2 LEMONS
3 TABLESPOONS SUGAR
SALT AND PEPPER TO FANCY
2 EGGS
1 PINT SOUR CREAM

Put beets and onion in 2-quart sauce pan and boil 20 minutes. Add lemon juice, sugar and seasonings; and boil 5 more minutes. Beat eggs with cream; stir in slowly. Take off fire and allow to chill. Makes 6–8 portions.

(From the Browns' *10,000 Snacks*)

POLISH KRAUT BORSCHT

½ BEET JUICE
½ SAUERKRAUT JUICE
SUGAR
HEAT

CREAM OF SAUERKRAUT

1 SLICE ONION
6 1-INCH LENGTHS CELERY
1 BAY LEAF
2 OUNCES BUTTER
1 QUART WHITE STOCK
2 OUNCES FLOUR
2 CUPS MILK
2 CUPS FRESH SAUERKRAUT
¼ TEASPOON SALT
CAYENNE

Cook onion, celery and bay leaf 5 minutes in butter; mix flour in a little water and stir in with stock and milk. When soup boils, put in sauerkraut and cook another 5 minutes, season, strain, put ½ of the sauerkraut back into the soup, and toss in some croutons, or toasted bits of seeded rolls.

CORIANDER AND BREAD SOUP

Sopa de Pan Con Caldo de Culantro

2 TABLESPOONS CORIANDER SEED
2 SLICES STALE WHITE BREAD
1 TABLESPOON BUTTER
1 QUART SEASONED BROTH
1 PAIR LAMB'S KIDNEYS
1 PAIR SHEEP'S BRAINS (OR ½ CALF'S BRAIN)

Shake coriander seed in a dry pan over fire until toasted, but not too brown. Pound in a mortar. Cut bread in small cubes and fry in butter until brown. Place bread and coriander in the broth and boil over a hot fire. Blanch brains and clean; return to water to boil 10 minutes. Parboil kidneys 5 minutes in a little water; skim and add this water to the soup. Cut kidneys into narrow thin slices. Season brains and kidneys and roll in fine bread crumbs. Take soup from fire and lay brains and kidneys on top. If either brains or kidneys are unobtainable, beat an egg slightly with a tablespoon of cold water, salt and pepper, as for omelet, spread thin over bottom of an oiled pan which is not too hot. When it coagulates, cut in strips and drop into the soup.

This Mexican *caldo* is a spicy marvel well worth the trouble, time, kidneys, coriander and brains that go into it.

CARAWAY SEED SOUP

(Kümmel Suppe)

1 CARROT DICED
1 YOUNG TURNIP, DICED
1 ONION, SLICED
3 CUPS BEEF BROTH
3 TABLESPOONS FAT
1 TABLESPOON FLOUR
2 TABLESPOONS CARAWAY SEED
SALT AND PEPPER
CROUTONS

Cook carrot, turnip and onion in beef broth until tender. Strain and press through sieve. Heat fat (chicken fat is best), add flour and caraway seed, stir, and let slowly color golden. Add sieved liquid slowly, stirring until smooth. Simmer ½ hour. Strain through cheese cloth and serve hot, with croutons.

BROWN EGG SOUP

¼ POUND BUTTER
3 TABLESPOONS FLOUR
1 QUART BEEF BROTH
SALT AND PEPPER
⅛ TEASPOON NUTMEG
3 EGGS
1 TEASPOON MINCED PARSLEY

Melt butter; add flour and slowly color light brown, stirring constantly to prevent burning. Have broth boiling hot. Slightly cool butter and flour and add. Stir and cook 8 minutes. Season. Beat eggs slightly with 3 tablespoons cold water. Pour very slowly into boiling soup while stirring rapidly. Cook for only a moment until eggs are well incorporated. Take up, add parsley at the finish.

Curdled Egg Soup may be made without browning. Just mix flour, water, and eggs together, with a little salt and pepper, the batter being poured into the boiling broth and cooked 5 minutes, and ½ the quantity of butter added last.

QUICK CONFETTI SOUP

1 PACKAGE CARUSO SOUP MIXTURE
2 QUARTS BOILING WATER

Pour contents of package into boiling water and let it boil on slow fire until tender, then salt and put in 1 ounce of butter.

This quick soup mixture consists of the following 16 vegetable and egg products — celery, potato, carrot, onion, pimiento, green pepper flakes, tomato, rice, yellow and green split peas, egg alphabets, decorated rings, shells, small beads, bridge flakes and midget elbows.

Gay in color and fancy as a carnival, the fluttering bits of paste and vegetables make the boiling pot look like a shower of confetti or a whirling kaleidoscope. It's fun to watch it cooking and the soup is really good, especially if you add a little browned bacon, some chicken or beef bouillon cubes, and small hot peppers. This soup is put up in a cellophane bag that sells for a dime or so and serves 8.

ALPHABET SOUP

Egg Noodle Alphabet Soup is made in a few minutes by adding the little A-B-C's to any good canned consomme or quick soup of bouillon cubes.

Alphabets also come handy on anniversaries, to spell out names, ages and greetings on cakes. Cook them in syrup and then set them like type in the frosting.

FARINA SOUP

¼ POUND BUTTER
¼ POUND FARINA
3 PINTS BOILING WATER OR STOCK
⅛ TEASPOON NUTMEG
SALT AND PEPPER
WHIPPED CREAM

Melt butter, stir in farina and slowly simmer, stirring constantly until light brown. Add to boiling water, stirring until thickened; add seasonings and cook 1 hour in double boiler.

Snack with whipped cream slathered on top, or still better, sour cream.

JENNY LIND'S SOUP

3 QUARTS MEAT BROTH
3 OUNCES SAGO
4 EGG YOLKS
½ CUP EVAPORATED MILK
½ TEASPOON SUGAR
SALT
PEPPER
NUTMEG

Heat broth, add sago and boil slowly 20 minutes. Beat yolks, stir in milk. Remove from fire, skim, stir yolks in rapidly, season, and eat at once.

BUTTERMILK SOUP (1)

1 QUART BUTTERMILK
¼ CUP SEEDED RAISINS
⅔ TABLESPOONS SUGAR
SALT
GRATING OF NUTMEG
LEMON PEEL
¼ CUP WASHED RICE

Bring buttermilk with raisins and seasonings to the boiling point; scatter in the rice, cover closely and boil slowly until rice is soft. Taste, adding more seasonings if necessary.

Buttermilk should sell for less than half the price of fresh milk. Although in some places milk trusts hold up the price of buttermilk, independent dealers sell it for as little as 4¢ a quart, which makes the above soup one of the cheapest and most nutritious we know, besides being a novel change from the usual run of soups.

BUTTERMILK SOUP (2)

1½ PINTS BUTTERMILK
½ PINT SWEET MILK
¼ CUP FLOUR
¼ TEASPOON CINNAMON
½ TEASPOON ANISEED
1 SLICE LEMON
SALT
SUGAR
2 EGG YOLKS, BEATEN
ZWEIBACH, OR CROUTONS

Mix flour with some of the milk until it's free from lumps. Mix buttermilk and sweet milk together and bring to a boiling point. Stir in flour and let cook, stirring constantly. Add cinnamon, aniseed (tied in a cloth), lemon, salt and sugar to taste. When smooth, simmer 5–8 minutes. Take out aniseed. Remove from fire, add egg yolks and stir. Pour over croutons, zwiebach, or pulled and toasted bread.

Buckwheat meal, or sago, are also used to thicken this soup, in which case it should be allowed to cook in double boiler ½ hour. Sago must be soaked in cold water ½ hour before using.

Caraway seed can be substituted for aniseed, depending on taste.

SCOTCH BROTH

Take carrots, turnips, leeks, onions and any other fresh vegetables in season. Chop them up very, very fine. Put a piece of butter in a pan and throw the vegetables in to cook. Add stock to quantity required and when boiling toss in some pearl barley. This soup should be made fairly thick and eaten very hot.

LEEK SOUP

Thoroughly wash 4 leeks; pare 4 potatoes. Cut both into small dice, cover with a quart of cold water and cook until very tender, adding 2 tablespoons butter during cooking. Press through a sieve, return to the pan and add 1 teaspoon butter kneaded with 1 teaspoon flour. Stir until soup boils. Pour over bits of fried bread. If only the white of the leeks is used the soup will have a better color. If you wish to use the solid portion of the green leek tops, the potatoes and leeks may be cooked separately and the potatoes passed through the sieve. The leeks, cooked very soft, added with their liquid afterward, will float as clear white and green bits in the soup.

PUMPKIN SOUP

Pare a slice of pumpkin and cut roughly into 1½-inch cubes. Scrape and cut up a large carrot. The quantity of both vegetables together should measure about a quart. Barely cover with salted cold water and gently cook until very tender. Press with the liquid through a sieve. Put back in saucepan and heat, seasoning with pepper, a bit of mace or a dash of grated nutmeg, and a tablespoon of onion juice. Heat 2 tablespoons butter or margarine, stir into it 1½ tablespoons of flour until smooth, and stir rapidly into the pumpkin while it is heating; continue to stir until it boils and thickens slightly. Dilute to thick soup consistency with boiling water in which a chicken cube has been dissolved, or with hot milk. Simmer 10 minutes, stirring frequently. You may like a teaspoon of sugar added.

GREEN SPLIT PEA SOUP

2 CUPS SPLIT PEAS
2 QUARTS COLD WATER
1 SLICE BACON, DICED
1 MEDIUM ONION, SLICED
1 GARLIC CLOVE, SLICED
1 CUP TOMATOES
2 TEASPOONS SALT
4 PEPPERCORNS
4 ALLSPICE
1 CHILI PEPPER
HERB BOUQUET

Soak peas in 1 quart of water overnight. Fry bacon crisp but not too brown, then very slowly fry garlic and onion until golden, add tomatoes and simmer, stirring occasionally until tomatoes thicken and adding 1 teaspoon salt. The success of this soup depends on care and attention during this preliminary stage. Meanwhile add the second quart of water to the peas and bring to boiling point. Stir in the simmered mixture, add peppercorns, allspice, chili (split and seeds removed), and the herb bouquet, which in this case should consist of a sprig of celery and parsley, either dried or fresh, a bay leaf, and a tiny bit of thyme, if you wish. Stir well together, cover close, and simmer about 1½ hours, stirring occasionally to make sure it does not stick to bottom of pan. Length of cooking time varies, since some peas are older and harder than others. As soon as peas are very soft run all through a coarse sieve, season with salt,

and return to saucepan to cook 10 minutes, stirring several times until of good texture. If you think the soup will be too thin, throw in a slice of stale bread 15 minutes before straining; if too thick, add boiling vegetable bouillon, that is, the water in which potatoes, or any green vegetables are cooking. Or vegetable bouillon may be used from the beginning in place of some of the water. Stir vigorously before serving, since no flour or other artificial thickening holds the soup together. With bread and butter this is a full nourishing meal and anything which follows it may be regarded as so much decoration.

DRIED LIMA BEAN SOUP

Make like Green Pea Soup, but substitute for the bacon a slice of salt pork cut ½ inch thick. Limas cook more quickly than navies and the flavor is much finer.

NAVY BEAN SOUP

Make like Dried Lima Bean Soup.

BREAD AND CHEESE SOUP

2–3 ONIONS, MINCED
3 TABLESPOONS BUTTER
1 QUART BOILING WATER
2 TABLESPOONS FLOUR
SALT AND PEPPER
1 GRATED NUTMEG
1 SMALL GARLIC CLOVE, GRATED
1 BAY LEAF
THINLY SLICED BREAD
GRATED STALE CHEESE

Slowly fry onions in butter, but do not let them brown. Add flour and very slowly allow it to color with the onions, stirring all the time. When golden, add boiling water, seasonings, garlic and bay leaf, and simmer 15 minutes. Arrange a layer of bread slices in bottom of a fireproof dish. The bread should not be too fresh, and a long French loaf is best, but any white bread will do. Sprinkle thickly with grated cheese, then a layer of bread and one of cheese, and a third layer if your dish is deep and narrow. Pour the hot soup over, sprinkle top with cheese again and brown in oven or under grill. This is a substantial French dish but a starchy one and should be followed by green vegetables or salad, or you might like to eat these right with the soup, to make a well-balanced meal.

CHESTNUT SOUP

½ POUND CHESTNUTS
1 QUART WATER
1 SPRIG CELERY LEAVES
SALT AND PEPPER
SMALL SQUARES OF BREAD
BUTTER

Peel chestnuts by cutting a gash in each shell, then throw the nuts into boiling water. Let boil a few minutes, take out, and when cool enough to handle, both the shell and peel can easily be removed with the help of a knife. Cook the peeled nuts in water with celery sprig and seasonings until they are tender enough to press with their cooking water through a coarse sieve. Return to saucepan, heat and stir, thinning with a little boiling milk. Fry the bread squares crisp and light brown in butter, lay in bottom of a hot soup tureen and pour soup over.

Dried chestnuts, already hulled and peeled, may often be bought in Italian groceries at a lower price than fresh ones. They must be put into lukewarm water to soak overnight, and then require longer cooking time.

II

Shellfish, Stews and Chowders

MUSSELS

Oysters and scallops, so plentiful not long ago that they were ladled out by the quart and the gallon, are now nearly prohibitive by the piece and the pound. The lobsters, with which our wickedly exploited sea bottoms once swarmed, are charged for by the price makers, who prefer the present shortage, as if those ugly horny crustaceans were angels from heaven. And they are rapidly growing scarcer, for unscrupulous bootleggers catch and market underground the undersized ones, disregarding laws which aim at conservation.

It has not been so easy to restrict prices and keep down the supply of clams, however, since anyone living along certain sections of our coast can dig in unguarded mud flats for them, or let down a hand dredge from a row boat and bring up a rich haul. Although in city markets the price of Little Necks and Cherry Stones, delivered in the half shell on cracked ice, rivals that of expensive oysters, other varieties just as delicious to cook remain within reach. Pushcarts can still handle them. Steamers and some of the hard shells are offered for bait and chumming to amateur fishermen at two dollars or less a bushel, and are even included in the trip price on the pop-

ular deep sea fishing boats which furnish a day's sport to a fisherman for two bucks, giving him the chance to reimburse himself with at least two dollars worth of the fish he has hooked.

For some reason great beds of sea mussels lie untouched and unmarketed all along the shores of both our oceans. They are the cheapest of seafood and as delicious as any, in their way as distinctive for cooking as oysters, and much more digestible than clams. Billions of them, hundreds of millions of pounds, are consumed on the other side, where they appear on menus, especially in France, done in dozens of delightful ways.

Yet in America they are for sale only in Paddy's and Tony's markets where Latins and Holland Dutchmen eagerly hunt them down. Their freshness is judged like that of other shellfish, that is, the shells must be tightly closed by the living membranes of the creature within. They must look clean and wholesome and smell of the sea. If you are gathering them yourself, make sure the water they live in is unpolluted with city sewage, and do not take them from copper bound wrecks or off the piling of wharfs. In other words, be as careful about the place they are taken from as you would be if digging clams.

Let them lie in fresh water to discharge any sand, then wash and scrub the shells. Pull off the hanging tendrils before cooking and discard the very visible little black beards before eating.

STEAMED MUSSELS

(1) Steam and serve like clams, with a cup of the broth beside each plate and a dish of melted butter in which to dip each mussel. Or, (2) simmer a chopped onion, with perhaps a bit of garlic, in ⅔ tablespoons of oil or butter, but do not let it color; add a cut-up tomato, and simmer; add an herb bouquet (see recipe under *Season It!*) and 1½ cups boiling water and simmer until well blended. Pour the mussels into the pan, cover closely, and steam until they open; continue to steam for 5 minutes longer; take mussels from shells, place in a hot dish and pour liquid over.

The broth may be used at one meal for soup, like clam broth, and the steamed mussels may appear at another, reheated in a

cream sauce made with half milk, or cream, and half mussel liquor. They may also be fixed *à la Newburg*, or be done into fritters, or croquettes. Cold, they make a very good salad: Drain well, mix with thinly sliced celery, and then with mayonnaise or salad dressing, and serve on lettuce leaves.

PICKLED MUSSELS

Take steamed mussels from shells, lay them in a dish with a chopped onion, a chopped carrot, a bit of garlic, half a dozen peppercorns, salt, a dash of cayenne and a clove or two. Pour over them a very little olive oil, and shake the dish until all are well settled together. Then cover with a mixture of half vinegar and half mussel broth. Let stand 3–4 hours. Serve in the mussel shells, one or two pickled mussels in each half shell, scattering over them a little of the onion and carrot drained out of the pickling liquor.

BAKED MUSSELS

Steam the mussels, leave each one lying on a half shell. Mix into a lump of butter all the minced parsley and chives it will take. Spread a teaspoonful of the mixture on each mussel and place in oven or under grill until sputtering hot. A layer of coarse salt in the bottom of the pan, to imbed the shells, will keep them steady and level so that the butter does not spill while heating, and will hold the heat when they are brought to the table in the pan.

FRIED MUSSELS

Drain and dry steamed mussels; discard beards; season with pepper and a very little salt. Roll in egg and then in crumbs, and quickly brown in fat. Serve with quartered lemon.

MUSSEL CHOWDER

Steam mussels and proceed as with clam chowder, using the mussel broth for cooking the chowder and adding the mussels at the end.

CLAMS

Soft clams not only have a thinner shell than hard ones, but have a larger proportion of soft meat inside of them. The tough muscle called the "neck" of both hard-shell, Little Necks and soft-shell steamers is really a foot by which the creatures propel themselves, and since the shells open to extend this foot they often close abruptly, especially when the clams are alarmed by diggers, and thus take in considerable sand. So they should be allowed to lie in cold water for several hours to give them a chance to expel not only sand but any other extraneous matter they may have picked up. They will make more of an effort to do this if some cornmeal is sprinkled into the water for them to eat.

CLAM CHOWDER

1 QUART CLAMS, EITHER HARD OR SOFT
2 SLICES SALT PORK
2 ONIONS, DICED
3–4 POTATOES, DICED
6 ALLSPICE
3 CLOVES
6 PEPPERCORNS
4 PILOT CRACKERS
1 PINT MILK (OPTIONAL)

Let clams lie in cold water, wash well and scrub shells with a brush; place them in a kettle with 2 cups cold water and put over heat until shells open. Drain, strain liquid through cloth, and take meats from shells, remove any tough ends of necks, lay hard parts on a board and chop fine with a sharp knife. Dice pork and fry, strain out pork and slowly fry onions in fat until golden. Barely cover potatoes with boiling water and cook for 5 minutes and drain. Place pork in bottom of a kettle, and lay in alternate layers of potatoes, onions, crumbled crackers, and chopped hard parts of clams. Tie spices together in a bit of cloth so they may be removed at the finish. Cover with strained clam juice and simmer until potatoes are done. Add soft parts of clams and cook 3 minutes.

There are several schools of chowder makers from as many parts of New England, where Indian squaws first taught pioneer housewives to make this dish. Some add heated milk just before putting in the soft parts of the clams, some thicken at the end with flour rubbed into butter and omit the pilot crackers, and some use a can

of tomatoes in building up the chowder pot. These variations make pleasant changes which keep clam chowders acceptable throughout their long season, usually extending the year round.

CREAM OF QUAHOG SOUP

20 HARD-SHELL CLAMS
1 ONION, SMALL
¼ CUP CLAM JUICE
2 CUPS MILK
MINCED PARSLEY
1 PINCH SUGAR
SALT AND PEPPER
1 TABLESPOON BUTTER
1 TABLESPOON FLOUR

Open and chop clams fine with very sharp knife. Put in double boiler with minced onion and clam juice. Cook a few minutes over direct heat. Add milk and sugar, salt and pepper, and return to low heat in double boiler. Thicken with butter and flour blended, and cook 3–4 minutes. Strain. When hot, serve with small rounds of toast and minced parsley in each cup.

Quahog is the Indian name adopted in New England for round hard clams. Little Necks are small quahogs.

QUAHOGS STEWED

Open on grill or in oven, pour liquor out of shells, take out clams and let boil in own liquor. Season with pepper only, add butter and serve on toast.

BAKED CLAMS

Arrange clams on the half shell on a bed of salt in a shallow baking pan. Cut thin slices of bacon in two and lay a strip across each clam. Over that put chopped chives, a little paprika and bits of butter. Cook in a hot oven five or six minutes and serve immediately.

CAPE COD CLAM CAKES OR FRITTERS

2 CUPS CLAMS
2 CUPS FLOUR
2½ TEASPOONS BAKING POWDER
2 EGGS, BEATEN LIGHTLY
MILK

Chop clams. Make batter with other ingredients, sifting flour and baking powder together and adding to eggs and milk. Stir in clams.

For cakes, make batter thin and drop by spoonfuls on greased griddle and brown on both sides. For fritters, do not use so much milk; drop from spoon into hot deep fat and drain on paper.

CLAM-POTATO FRITTERS

1 DOZEN CLAMS, CHOPPED
½ CUP MASHED POTATOES
1 EGG, WELL BEATEN
1 TABLESPOON CLAM JUICE
1 TEASPOON BAKING POWDER
SALT AND PEPPER
FLOUR

Discard hard parts of clams and chop soft parts; mix with potatoes, egg beaten very light, and clam juice. Season with pepper and a very little salt. Sift baking powder with ½ cup of flour and add, with additional flour, to make a stiff batter. Drop by spoonfuls into deep hot fat and fry a delicate brown.

STEWED SOFT CLAMS

1 LARGE ONION, CHOPPED
2 TABLESPOONS FAT
½ GARLIC CLOVE, MINCED
2 CELERY STALKS, SLICED
1 CARROT, CHOPPED
3 DOZEN CLAMS
SALT
PAPRIKA
JUICE ½ LEMON
1 TEASPOON MINCED PARSLEY
TOAST

Fry onion golden in 1 tablespoon fat, add garlic clove, cook 2 minutes, then add carrot and celery, a very little salt and a pinch of paprika; simmer in own juices until soft. Wash, scrub and open clams, keeping the soft parts whole and discarding the hard parts; gently heat them with 1 tablespoon of fat for 5 minutes, add clam juice and the sieved vegetables, a little white wine if you have it, or several tablespoons boiling water and the lemon juice. Shake the pan and let boil 1 minute. Add parsley and serve on toast.

CLAM PIE

1 QUART CLAMS
¼ POUND SALT PORK
SALT AND PEPPER
¾ CUP MILK
2 TABLESPOONS FLOUR
2 TABLESPOONS BUTTER

Wash, scrub, open and chop clams. Dice pork and fry until light brown; add clams and juice and simmer 2 hours. Drain out clams

and reduce liquid to 1½ cups. Add milk, knead flour and butter together and drop in bits, stirring all the time until smooth and thick. Make a biscuit dough as follows:

3 CUPS FLOUR
2 TABLESPOONS BAKING POWDER
2 TABLESPOONS SHORTENING
1 TEASPOON SALT
WATER

Mix and sift dry ingredients, work in shortening, and mix in enough to make a soft dough. Roll out a little more than half of it ½ inch thick, and line a round pan. Put in clams with 3–4 tablespoons of their gravy. Roll out rest of dough for a cover, pierce it to let out steam, brush the edge of under crust with water, cover and pinch edges together. Bake in hot oven, with pie, at first, on bottom rack, then move to center of oven and finish to a nice brown. Serve with the rest of the gravy heated, in a boat.

SCALLOPED CLAMS OR OYSTERS

1 PINT OYSTERS OR SHELLED CLAMS
1 CUP HOT MILK
⅓ CUP BUTTER, MELTED
1 GENEROUS CUP CRUMBS
SALT
1 TEASPOON PEPPER

Drain oysters or clams, bring liquor to boiling point and add milk. Mix sifted crumbs and butter with a fork. Butter a baking dish, spread a thin layer of crumbs in it, add a layer of oysters, season, cover with crumbs, pour over some of the hot liquid, and repeat until all are used, having crumbs on top. Dot with more butter and bake 35–45 minutes in moderate oven.

CLAM SOUP SUPREME

1 7-OUNCE CAN PIONEER MINCED SEA CLAMS
½ CUP AVOCADO
1 CAN CREAM OF TOMATO SOUP
SEASON TO TASTE

Drain juice from clams and add to cream of tomato soup to which has been added like quantity milk or water. Bring just to boiling point and add Pioneer Minced Sea Clams, or other canned clams, although we consider Pioneer the best buy. Just before serving add finely diced avocado.

MINCED CLAM CHOWDER

2 7-OUNCE FLAT CANS PIONEER MINCED SEA CLAMS
1 TABLESPOON SALT PORK OR BACON, MINCED
1 CUP POTATOES, SLICED THIN
1 TABLESPOON ONION, MINCED
1 TABLESPOON BUTTER
2 CUPS MILK
6 ROLLED CRACKERS
1 TEASPOON SALT
⅛ TEASPOON PEPPER

Fry pork until brown. Add potatoes and onion, and just enough water to cover. When potatoes are tender, add milk, crackers, butter, salt and pepper, and when this is hot, add clams and cook 5 minutes longer.

Feeds 4.

MINCED CLAM AND CORN CHOWDER

3 CUPS THIN CREAM SAUCE MADE WITH:
3 TABLESPOONS BUTTER
3 TABLESPOONS FLOUR
3 CUPS MILK
CLAM JUICE
⅔ CUP CANNED CORN (CREAMED STYLE)
SALT AND PEPPER
1 7-OUNCE FLAT CAN PIONEER MINCED SEA CLAMS
CHOPPED PARSLEY

Make thin cream sauce, adding juice from the can of minced clams. Add corn and heat; then add clams and parsley. Flavor with salt and pepper and heat all thoroughly. Do not cook the clams. This recipe serves 6 people or 4 hungry ones! Serve with toasted croutons. Sprinkle the croutons with grated cheese and toast.

HALIFAX OYSTER STEW

We learned to make this Nova Scotian cream stew in Halifax from oyster bargemen who rake in those prime Prince Edward Island oysters for the owners and still manage to get some for themselves. They're big, tangy, firm, fat oysters, and some of the seafood specialists used half cream and half milk for their stew, while others put ⅓ cream to ⅔ milk and got a good balance. This far-north method differs from the usual stew in first cooking the oysters in a little of their own liquor, with salt and a few grains of cayenne. You heat the cream and milk together just under the

boiling point, but first heat the oysters by themselves until their edges begin to curl (60 seconds boiling will do that). Then dump the creamy mixture in, with a tablespoon of butter, plenty of paprika (or fresh ground black pepper) and maybe some celery salt. Stir lightly so the delicate bivalves won't get bruised. Let the stew heat almost to boiling and then eat it right out of the pan, if you're by yourself, and crunch with it just one grandpa pilot cracker in full harmony. Evaporated milk will serve in place of the cream, but the stew won't be as fine in flavor.

At times shrimp are very reasonably priced. Local seasons are short, but with modern methods of refrigeration they may be shipped considerable distances and remain perfectly wholesome. Like all other sea foods, however, they are dangerous when not absolutely fresh and should never be purchased if they have begun to take on a pinkish hue.

TOASTED SHRIMP

Wash shrimp very carefully and let lie for 15 minutes in plenty of fresh water, for sand to fall out. Thoroughly dry in a folded towel, sprinkle with salt and cayenne. Heat oil to the depth of ¼ inch in thick frying pan; when near to smoking drop in the shrimp, reduce heat somewhat and fry brown, first on one side and then on the other. They are very quickly done and should be taken up before the meat begins to shrink inside the shells. Eat at once, from hot plates, each person shelling his own and using his fingers freely, for the elegance lies in the flavor and not in table manners. Shrimps are so engrossing that no other food is served with them, but a nourishing salad may follow. The oil in which they cooked should be saved to impart a delicious flavor in frying other fish.

BOILED SHRIMP

Wash well, letting them lie for a time in deep fresh water, so any sand will fall out. Then cook like crabs for only 10 minutes. Cool in the liquid, drain and shell them. They are now ready to be eaten cold with mayonnaise, or to be made into any one of the dozens of dishes which have been devised for them.

BAKED SHRIMP

Make a thickish white sauce, arrange a layer of boiled, shelled and seasoned shrimp in a greased baking dish, then a layer of sauce, and repeat until all shrimp are used; finishing with a layer of sauce. Sprinkle with crumbs, lightly dust with grated cheese, dot with butter and brown in the oven.

SHRIMP IN TOMATO SAUCE

Make tomato sauce thus: Fry a small chopped onion in 1 tablespoon oil or butter, add a little minced garlic, then two large tomatoes, a bit of bay leaf, celery leaves or minced celery salt, and a good dash of cayenne. Simmer until thick, stirring frequently. Add a dozen large boiled and shelled shrimp, or more small ones. Heat for 10 minutes and serve. The seeds may be strained out of the tomato sauce before adding shrimp, but this is not necessary. This dish is very good if sprinkled with crumbs, dotted with butter, and browned in the oven.

JAMBALAYA

2 DOZEN SHRIMP
1 ONION, MINCED
1 TABLESPOON BUTTER
½ GARLIC CLOVE
1 TOMATO
1 QUART BOILING WATER
1 CELERY SPRIG
SALT AND CAYENNE
½ CUP UNCOOKED RICE

Prepare shrimp according to recipe for Boiled Shrimp. Fry onion very slowly in butter until golden, add garlic, but do not let it brown; add tomato and simmer until thick. Add water, celery sprig, and seasonings; when boiling rapidly, add the shrimp. When boiling fast again, slowly add the rice, which has been washed through many waters, and stir all together. Cover closely and cook 30–45 minutes, stirring occasionally at first with a wooden spoon, but not touching it after the rice grains have swollen. When thick, lower heat so bottom does not scorch and finish over an asbestos ring or a kettle of boiling water.

Crabs caught in traps near shore, or fished for at resorts with a bit of salt pork tied to the end of a piece of string, are not so good

as those brought in from the deep sea fishing grounds. But, as a matter of fact, there is not much of a market for any of them, for the public prefers tinned crabmeat. Luscious big chunks of giant crab, put up by unexploited labor, come to us from the Soviet Union's clean northern waters of Kamchatka. But more frequently encountered are those picked out by patient Japanese hands at nearly nothing a day, which cost more at that, after freight and import duty are added, than live crabs that have not only the advantage of being fresh but of carrying on their backs their own dainty shells to serve them in. They are a bit tedious to prepare and that's the only reason they remain cheap, but the trouble is well worth while, since they are of finer flavor even than lobster.

BOILED CRABS

Into 2 quarts of boiling water throw half a dozen celery sprigs, half a dozen sprigs of parsley, a dozen allspice, a dozen peppercorns and a sliced onion. Cover and boil rapidly for 10–15 minutes. Then drop in a dozen well-washed crabs, or less if large. Clamp on the cover and cook exactly 10 minutes. Drain, and cool. Take off the loose shell or apron which lies underneath, remove the side "fingers," br ak open, and pick out white meat from body and claws. Everything is edible except the spongy gills and the stone bag in the head. The coral, if any, is good too. The meat is now ready for cocktails or salads, for creaming, scalloping, or for devilled crabs.

DEVILLED CRABS

Mix equal portions of melted butter and flour. Add milk until a thick, soft paste is made. Add a dash of paprika and a few drops of Worcestershire. Cook the mixture over a slow flame for 20–30 minutes. Add crabmeat. Fill crab shells with generous portions. Cover the top with buttered bread crumbs, and place under a low flame for about 3 minutes, or until the crumbs are browned. Remove to plates, placing a sprig of parsley on top of each. This recipe is often enriched by a hard-cooked egg or two, whites chopped and yolks pressed through a sieve to make the sauce yellow. A tablespoon or so of onion juice and a dash of nutmeg are good additional seasonings.

STUFFED CRABS

To each cup of crab meat add ½ cup fine bread crumbs, and ½ cup strained cooked tomatoes. If too dry add a little of the liquid in which crabs cooked. Season with salt, pepper, and a tablespoon of onion juice. Stir in two tablespoons melted butter. Fill the crab shells, sprinkle with crumbs, dot with butter, brown in the oven and eat hot.

CRAB CROQUETTES

Shred two cups of crab meat. Add ½ cup evaporated milk, and enough bread crumbs to make very stiff. Stir in 1 egg, well beaten, season, heat for a moment and cool. Shape into croquettes, dip in egg and crumbs and fry in deep fat, or pat out into cakes and pan fry.

CRABMEAT IN TOMATO SHELLS

Peel tomatoes, hollow them out, and fill cavities with crabmeat mixed with salad dressing or mayonnaise; set each on a lettuce leaf. Or, hollow out tomatoes to thin shells; cook what has been taken out until it's thick, strain, add crabmeat, season with salt and pepper, and a little catsup; fill shells with mixture, sprinkle with crumbs, dot with butter and bake.

Soft-shell crabs only remain in that state two or three days, from the time they shed their old shell until the new one has hardened. Because of the shortness of the time and the necessity for quick handling, they are always a luxury, unless you can catch them yourself.

SOFT-SHELL CRABS, FRIED

Clean thoroughly a half dozen soft-shell crabs, brush them lightly with olive oil, season with 1 teaspoon pepper and 1 tablespoon salt, dip lightly in flour, then in beaten egg and lastly in sifted cracker crumbs. Fry a delicate brown in plenty of oil or fat, turning once. Set on a whole slice of toast, garnish with fried parsley and eat with Tartar sauce.

SOFT-SHELL CRABS, BROILED

Clean six crabs, salt and pepper generously, brush lightly with oil, and dust lightly with sifted flour. Put under broiler, giving about 7 minutes to each side. Lay on hot buttered toast. Have ready 3 tablespoons butter mixed well with 2 teaspoons minced parsley and 1 tablespoon lemon juice. Spread this over crabs and glaze lightly under broiler. Serve hot.

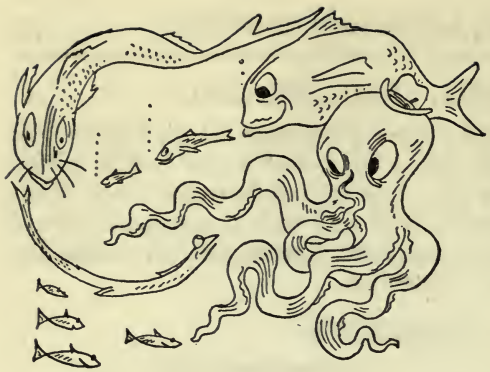
CRAB SOUP

1 QUART MILK
1 CAN CHATKA CRABMEAT, FLAKED
2 HARD-COOKED EGGS
GRATED PEEL OF 1 LEMON
1 TABLESPOON BUTTER
1 TABLESPOON FLOUR
1 TEASPOON ANGOSTURA BITTERS (OPTIONAL)
½ CUP CREAM
SALT AND PEPPER TO TASTE
SHERRY

Mash eggs to paste with fork, add butter, flour, lemon peel and a dash of pepper. Heat milk just below boiling point and pour gradually on the paste. Add crabmeat and put over low fire. Simmer 5 minutes, add cream and bring to boiling point, but do not boil. At last minute add salt, Angostura, and sherry to taste, heating the whole soup so it will be piping hot. Do not boil after adding sherry.

Serves four generously.

This is a good soup, but it can scarcely compare with the succulent She-Crab Soup of Charleston, South Carolina, which is enriched by the roe.



III

Queer Fish

DEVILFISH OR OCTOPUS

Undoubtedly the devilish appearance of this creature is against it, but the octopus is no more rapacious than dozens of innocent looking members of the finny tribe who live by preying upon their fellow fish. Mediterranean peoples share none of our romantic concern over the character of the octopus, but make many regular dishes out of its tentacles. Its popularity increases as one travels eastward; devilfish is the daily fare of Greeks, Turks, and the coast-dwelling nations of Western Asia.

Select a smallish one, since the bigger the octopus the tougher it is, an old specimen requiring 5 hours to cook. Have fish dealer remove eyes and mouth, wash well, and let lie under dripping fresh water for at least an hour. Then beat well with a meat mallet or heavy wooden ladle, just as you would a tough beefsteak. Cut the tentacles in ¾-inch slices. Blanch in boiling water until skin loosens, drain, take off skin, and wipe with a cloth. Fry a minced onion in oil over low heat, add the fish, stir and cook very gently; add a chopped tomato, stir and cook a few minutes, then pour in 2 quarts hot water, cover and cook slowly for half an hour, add an herb bouquet, salt, pepper, and a medium onion pierced with 2 cloves. Cook gently for an hour, take out onion and bouquet, increase heat, and add 2 cups well-washed rice. Keep boiling rapidly, stirring occasionally with a wooden spoon until rice is swollen; then reduce heat to prevent burning, and finish cooking rice until tender. This serves a big family, and the meat resembles lobster.

The French, after preliminaries as above, marinate the blanched and skinned slices for 4–5 hours with herbs and ¼ cup brandy or other strong spirits, then simmer in sour white wine with onion, tomato and garlic, serving the fish in its own gravy. And in Marseilles this is an epicurean delight.

SQUID

Amateur deep-sea fishermen are invariably surprised to hear that the squid they use for bait are very good eating. Along the New England coast the lights of small boats twinkle over the water every calm night, jigging for these little creatures which come in swarms toward a lantern, to be impaled on jigger poles bristling with hooks. Fishing trawlers use up the bulk of this catch, for bigger fish cannot resist them. But small quantities find their way to the fish stands and are consumed by immigrants from the Mediterranean who know many swell ways of preparing them for the table. They are most entertaining when stuffed, for their hollow bodies are natural pockets for tasty dressings.

Choose medium-sized squid and have the dealer clean them of their center cartilage, and the ink sack, out of which Spaniards make a black sauce that can be appreciated only after a little education. (They call this dish "squid cooked in its own ink.") Wash them thoroughly, cut off tentacles and keep them separate while you lay the bodies out to dry on a cloth. Then finely mince the tentacles; gently fry a minced onion in oil, add the minced tentacles and 1–2 chopped tomatoes, a chopped garlic clove, seasonings, and herbs. Stir and simmer. Add sufficient bread, which has been soaked in milk and squeezed dry, a teaspoon of minced parsley, and a beaten egg. Mix well and stuff the squid pockets ¾ full, closing the open ends and tying each with thread. Heat a tablespoon of oil in a pan, or better, an earthen casserole, lay in squid side by side, and gently cook while you make a sauce by frying a second minced onion and garlic clove, then adding a tablespoon of flour, 1½ cups water, juice of a lemon, a bay leaf and seasonings. Cook sauce for a few minutes, pour over the squid and simmer gently until done. They may be covered with oiled crumbs and finished by browning in oven or under grill.

JELLIED CONGER EEL

2 POUNDS CONGER EEL
6 PEPPERCORNS
SALT
1 ONION
4 CLOVES
HERB BOUQUET
2 TABLESPOONS LEMON JUICE
1 TEASPOON MINCED PARSLEY

Have eel skinned and cut into 1½ inch slices. Cover with 3 pints cold water, add salt, peppercorns, the onions pierced with the cloves, herbs and lemon juice. Simmer until tender. Drain fish, lay pieces in a wetted mold, sprinkling parsley between layers. Strain cooking liquor through cloth and reduce to 1 pint by boiling. Pour over fish, cool, and then chill until jellied. Unmold on a platter and surround with cucumber or vegetable salad.

Conger eel and skate are invariably thrown away by Americans who go deep sea fishing — just another example of prejudice founded on nothing more than the looks of these two fantastic fish. They can be had for the asking along our seashores, and sell for a song at the pushcart markets. The conger is so esteemed down the West Coast of South America, however, that infinite pains are taken to prepare it for banquets, while the skate is highly prized in every country but our own. Both taste more like sea food than ordinary fish, and thus will accept plenty of seasoning.

Conger may be stewed, baked, or fried.

SKATE

Stew the "wings" or flippers in milk, with onion, herbs, and peppercorns. Skin. Pour over sauce of butter browned in frying pan and mixed with a tablespoon of lemon juice.

IV

Fish in Every Fashion

SALT CODFISH BALLS

Cut salt cod in pieces, soak an hour in lukewarm water, remove skin and bones, shred coarsely with a fork. Put over fire in cold water, bring to the boiling point, drain and repeat. Have ready twice as much bulk of hot mashed potatoes seasoned with pepper and enriched with butter or margarine (we use Nucoa). Mix thoroughly, make into cakes, dredge with flour and fry. If you wish to cook them in deep fat, add a well-beaten egg and form into balls between the cupped hands. In foreign groceries codfish is cut off the whole salted fish and sold by the pound. It is much more economical than packaged shredded fish and, needless to say, much more tasty. On Fridays in any foreign neighborhood, salt cod can be purchased already soaked, ready for cooking.

SALT CODFISH FRITTERS

One half pound codfish, soaked 6 hours in cold water. Cook and flake. Add 2 beaten eggs, ¼ teaspoon white pepper and fry in hot fat until brown.

STEWED CODFISH

Soak two pounds of salt codfish in cold water for twelve hours. Drain, place the codfish in a sauce pan, cover with cold water and

boil until the skin and bones can be removed. Put the fish back in saucepan, cover with hot water and simmer over a slow fire until tender. Small potatoes may be boiled with the fish or separately. Serve them together and garnish with parsley.

STEWED SALT CODFISH WITH TOMATOES

1 POUND SALT CODFISH
1 LARGE ONION
1 CLOVE GARLIC
3 TABLESPOONS FAT
3 LARGE TOMATOES
1 TEASPOON MINCED PARSLEY
½ TEASPOON SALT AND PEPPER
½ CUP RIPE OLIVES
2 TABLESPOONS CAPERS

Soak the codfish for 24 hours to take out the saltiness. Then remove the skin and bones and cut the cod into symmetrical pieces. Dip again in fresh water and drain on a napkin, or dry 2 or 3 minutes in a hot oven. Slice the onion and garlic and sauté in the fat until tender, being careful not to burn them. In the meantime peel and chop the tomatoes, and stew them in their own juice 10 or 15 minutes, then strain through a sieve and add; stir well and add the parsley; salt and stir again; add pepper, the olives and capers. Put the cod into the casserole, cover and simmer gently for 20 minutes. Serve in the casserole.

COD'S HEAD AND SHOULDERS

A cod's tail cooks much more quickly than the thicker part of the body. If a whole fresh fish is purchased, cut it in two close to the vent. Slice and fry the tail, stuff and bake or boil the head and shoulders. Be sure to take home the liver, for it is considered a great delicacy, besides furnishing the valuable vitamin contained in its oil. The fish dealer is playing a scurvy trick when he sells beheaded and emptied fish, for the customer not only is being deprived of valuable nourishment, but has no way of determining whether the fish is fresh. Cod's cheeks are the best part, and the sound, or swimming bladder, is a gourmet trifle, providing it is large enough to be worth cooking separately.

A fine cod is round and fat near the tail, the hollow behind the head is deep, and the sides are ribbed or undulating. A fresh one is

elastic and the dent made by poking with the finger will rise at once; and when cut, the surface takes on a bronzed appearance.

Remove the sound and save it; scrape and scrub all blood from back bone, remove every vestige of the gills and thoroughly clean inside of neck. All the cod family, whiting, hake, pollack and ling, should be immersed in cold water under a dripping tap for half an hour to firm the flesh, then they should be well dried, salted and set aside to further harden them.

Make a tasty dressing of bread crumbs soaked in milk and squeezed dry, melted fat, a grated onion, a tablespoon of minced parsley, a pinch of dried herbs, minced celery or celery salt, the chopped sound, and anything else at hand — minced clams, oysters, mussels, or 2–3 minced mushrooms, either fresh or dried. Season fish with pepper and paprika, stuff and sew the opening. If the fish is to be boiled, carefully season the water with onion, celery, bay leaf, 1–2 tablespoons of lemon juice or vinegar, salt and peppercorns, and boil ½ hour to extract these flavors before putting in the fish and its liver. Lay it on a rack or wrap in cheese cloth, have just enough water to cover it, and simmer at a low bubble, never letting it boil fast. If it be baked, set on a rack, gash the skin in a number of places, fill gashes with butter, fat, or bacon slivers, brush with butter, sprinkle with crumbs, and after baking 15 minutes in a very hot oven, reduce heat to moderate. While oven is cooling make a basting sauce with 2 cups boiling water, ¼ cup bacon fat or butter, 2 tablespoons vinegar or lemon juice, 2 tablespoons grated onion, and ½ teaspoon minced herbs. Beat sauce to mix, spoon half of it over the fish, being careful not to dislodge the crumbs, and baste every 15 minutes, adding rest of sauce when needed. Add the liver during basting, and mash some of it into the gravy. This is a general method for boiling and baking all fish.

The dried mushrooms sold by Italian grocers are splendid to have on hand. They are very light in weight and a few ounces last for a long time. Two or three of them soaked in water 5–6 hours, chopped, and used with the water in which they soaked, give a marvelous flavor, surpassing fresh mushrooms, to a stuffing or gravy.

Cod's Liver. Parboil liver and cut into very small pieces. Mix

with 6–12 chopped steamed clams or mussels (see recipes), or with quartered blanched oysters, adding ½ cup of thick white sauce, a little of the shellfish liquor and seasonings. Heap on buttered scallop shells or ramekins, sprinkle with buttered crumbs and bake 10–15 minutes.

Cod's Sounds. Soak in milk mixed with water 3–4 hours. Simmer in fresh milk and water mixture, cut into squares and eat with egg sauce made with the cooking liquor.

COD'S HEAD SOUP

1 COD'S HEAD
2 ONIONS, CHOPPED
2 TABLESPOONS FAT
1 TEASPOON CHILI OR CURRY POWDER
1 TABLESPOON FLOUR
1 CUP TINNED TOMATOES
1 BAY LEAF
PARSLEY OR CELERY SPRIGS
¼ TEASPOON THYME OR OTHER HERB
1½ QUARTS COLD WATER
SALT AND PEPPER

Simmer all together until flesh falls from bones. Strain, season, and eat with croutons.

SMELTS

There is nothing better in the low priced fish markets than these tiny, fat, silvery fish, related to the regal salmon and having the same firm meaty flesh and high flavor. Like the salmon they ascend into fresh water to spawn, and of late years our inland lakes and rivers have become permanently stocked with them. Only their size keeps them from the popularity they deserve, and the fact that people insist on mixing them up with their bones on the plate instead of carefully stripping off their fillets with knife and fork.

Prepare them by washing and scraping gently. Empty by making a cut just behind the head, then draw, pulling off the head and bringing out the insides with the same motion. The smallest size should be strung half a dozen together on wooden skewers or small sticks, for no metal except silver should ever touch fish during the cooking process. Then they should be lightly seasoned and barely dusted with flour, and plunged into deep fat, drained on paper and piled on a paper-napkin-covered hot platter. Tartar sauce, or

melted butter mixed with lemon juice are the accompaniments. Bigger smelts may be pan-fried, or split and broiled.

WHITING WITH MUSSEL SAUCE

2 POUNDS WHITING
1 QUART MUSSELS
SALT AND PEPPER
1 ONION, MINCED
½ GARLIC CLOVE, MINCED
1 CARROT, MINCED
1 BAY LEAF
1 SPRIG THYME
2 TABLESPOONS BUTTER
2 TABLESPOONS FLOUR
1 EGG YOLK
JUICE ½ LEMON

If whiting are large, cut into thick slices; if small, leave them whole. Wash mussels, and let them lie in fresh water for an hour, scrub shells and pull off tendrils. Lay in a pan with a cup of cold water, cover closely and let steam 5–6 minutes until they open. Take mussels from shells, discard black beards, and set aside. Strain mussel liquor into a pan, season, add onion, garlic, carrot, herbs and the fish; cover and simmer 8–10 minutes. Take up fish and keep hot. Heat and stir butter and flour together for 2 minutes over low heat, not allowing them to color. Stir in the cooking liquor and cook until it thickens, stirring constantly; add lemon juice, egg yolk, stir, and add mussels. Heat, but do not let it reach the boiling point or egg will curdle. Arrange mussels and sauce around fish, spooning some of the sauce over the top. This recipe also serves for any lean sea fish, cod, haddock, hake, pollack, croakers, etc.

FISH PIE

Any sort of boiled fish may be used after skin and bones have been removed. Butter a pudding dish, put in a layer of fish, a layer of tomatoes, well seasoned with pepper and salt, and continue alternating fish and tomatoes until dish is ¾ full. Pour over 1 cup of melted butter or fat. Fill dish to top with mashed potatoes. Brush top with melted butter. Bake in hot oven ½ hour. Serve in baking dish.

CANNED SALMON CHOWDER

1 CAN SALMON
5 SLICES BACON
4 POTATOES, DICED
2 ONIONS, CHOPPED
2 CELERY STALKS, CHOPPED
¼ TEASPOON CELERY SALT
SALT AND PEPPER
1 CAN EVAPORATED MILK

Break up salmon and pick out any bits of skin and bone. Line pan with bacon slices, arrange other ingredients in alternate layers. Dilute milk with sufficient water to cover, pour over and let simmer until vegetables are done.

CANNED SALMON SOUFFLE

This is not technically a souffle, but it is quite as good.

1 CAN SALMON
2 TABLESPOONS BUTTER OR MARGARINE
2 TABLESPOONS FLOUR
2 CUPS MILK (EVAPORATED MILK THINNED)
SALT AND PEPPER
3–6 SODA CRACKERS, ROLLED
EXTRA BUTTER

Drain and shred salmon, removing any skin and bones. Melt butter, add flour, stir smooth and add milk. Stir and cook until thick; season, and let cool several hours, until so thick it can be cut with a knife. Mix with shredded salmon, beating thoroughly with a fork. Sprinkle with cracker crumbs, dot with butter, and bake in moderate oven until brown, about 30 minutes.

HERRING POTATO CAKES

2 CUPS MASHED POTATOES
1 TABLESPOON BUTTER
SALT AND PEPPER
1 EGG, WELL BEATEN
PARSLEY SPRIGS
1 SMOKED HERRING (RED PREFERRED)
1 HARD COOKED EGG, MINCED
1 TABLESPOON MINCED PARSLEY
SIFTED BREAD CRUMBS

Mash potatoes with butter, a little salt, pepper and part of the beaten egg. Spread ½ inch thick on heavily floured board and cut in rounds. Have herring already soaked in water 3 hours. Clean, chop fine, and mix with hard cooked egg and minced parsley. Lay some of mixture on half of each potato round, fold other half over, lay in buttered baking pan, brush with remainder of egg, and scatter crumbs over. Bake until brown. Serve garnished with parsley.

HOMEMADE PICKLED HERRING

1 DOZEN SALT HERRING
4 ONIONS, SLICED THIN
4 BAY LEAVES
4 CLOVES
2 DOZEN PEPPERCORNS
1 TABLESPOON MUSTARD SEED
3 SLICES LEMON
1 TABLESPOON SUGAR
VINEGAR

Select fish with a silvery sheen. Place in a deep bowl, cover with plenty of water and leave 24 hours, changing water at least twice. Then clean, saving the milt. Arrange fish in small earthenware jar in layers, alternating with seasonings. Mash the milt to a cream with a little vinegar; strain, add sugar, and then sufficient vinegar to cover. The vinegar must not be too strong, and may be thinned with water if necessary. Pour over the herring, cover the jar, and let stand 2–4 days.

HERRING SALAD

The Salad

3 HERRING (WITH THEIR MILTS OR ROE)
2 COLD BOILED POTATOES, DICED
2 CUPS COLD ROAST VEAL, DICED
2 APPLES, DICED
1 ONION, CHOPPED FINE
3 DILL PICKLES, DICED
½ CUP PICKLED BEETS, DICED
½ CUP WALNUTS, CHOPPED
1 TABLESPOON VINEGAR

The Dressing

1 CUP MAYONNAISE
½ CUP CREAM
1 TABLESPOON SUGAR
FRESHLY GROUND PEPPER
2 TEASPOONS GERMAN MUSTARD

The Garnishing

2 HARD-BOILED EGGS, QUARTERED
12 BOILED SHRIMPS
1 PICKLED BEET, SLICED
1 DILL PICKLE, SLICED THIN

Soak herring and milts in cold water for 3 hours, changing the water every 30 minutes. Remove bones and skins, cut herrings into cubes and place in salad bowl. Press milts through sieve with 1 tablespoon vinegar. Mix in the diced veal, apples, onions, pickles, beets, walnuts and potatoes. Then drench with the rich dressing, mixing all together well, and serve with eggs, shrimps, pickle and beet slices in decorative design.

ROLL-MOPS

Let salt herring sweeten in milk overnight. Cut off the heads, split them through the back, remove the bones. Chop some onions very fine with a pinch of cloves and a pinch of mustard. Place a spoonful of this mixture on the inner side of each half-herring and roll them around half a dill pickle, fastening them with a toothpick used as a skewer. Place them all in a dish and prepare a liquid of one part water to three of vinegar. Boil and pour over the roll-mops. Add a spoonful of oil and cover up. Let stand three days.

Like many words used by fishing folk, the name for this herring pickle has an amusing derivation. "Roll-mops" is only a shortened form of "roll-'em-ups."

FISH STEAKS

The cuts or steaks of big fish are always a good buy, because there's no waste. Tuna, swordfish, salmon and muskellunge, for instance, when they're in season, are much better buys than the cheapest of meats, and it's easy to fry or bake such toothsome steaks, never forgetting to spice them well with herbs.

TUNA

A welcome change from canned salmon is canned tuna fish. It costs more, but there is a small saving which brings the price down a little. For every good brand of tuna floats in a fine, flavorsome oil which serves in place of butter to spread the bread accompanying a tuna salad or sandwich, so if you spread it thin enough you may make up most of the added cost by the butter saving. But even if you don't, a change of diet has the variety value which keeps the stomach tuned to its work and saves doctor bills. And tuna offers a variety in itself, since the dark meat and white meat are canned separately, exactly as with chicken, which it resembles in taste if not in price. Italians, who drag it up out of the Mediterranean by the ton and buy it in fresh slices like beefsteak, call it "sea veal." And since fresh tuna is getting more common here, we can take

a tip from them in eating fresh tomatoes with it, the tomatoes made pungent with plenty of minced fresh basil. This is a perfect sequence — basil on tomatoes and tomatoes on "tunny," as the English call it.

FISH CHOWDER

2 POUNDS COD OR SIMILAR FISH
1 PINT SLICED POTATOES
1 SLICE SALT PORK
1 ONION, SLICED
2 PARSLEY SPRIGS
2 CELERY SPRIGS
½ TABLESPOON SALT
WHITE PEPPER
2 CUPS MILK
2 TABLESPOONS BUTTER
2 TABLESPOONS FLOUR
2–3 PILOT CRACKERS

Cut off fish head, split fish and remove bones. Cut up, looking very carefully for hidden bones and making sure that all have been removed. Lay potatoes in cold water for an hour. Dice pork and fry until all fat is fried out; remove pork and save for other cooking. Slowly fry onion in pork fat until golden.

Cover fish head and bones with cold water, slowly bring to boiling point and simmer 30–40 minutes. Strain liquor through fine sieve.

Parboil potatoes 5 minutes and add seasonings, herbs, fish, 1 cup milk, and the fish liquor, with enough water added to it to make 1 pint. Simmer until potatoes are tender. Make a thick white sauce with butter, flour, and remaining cup of milk. Lift out solid portions of chowder with a skimmer, add white sauce to liquid, simmer and stir, then pour over the chowder. Break crackers over top, and serve at once.

FISH SOUP

Make a cooking liquor by boiling a carrot, celery stalk, and onion, all sliced, with 1 parsley sprig, 2 cloves, a bit of bay leaf and 6–8 peppercorns, for half an hour, in sufficient water to immerse the fish. Add salt, put in the fish and cook it. The flavor will be much better than if cooked in plain water. Save the liquor to make soup for another meal; when ready to serve, strain and reduce by

boiling if not strong enough. Beat up an egg yolk or two with a tablespoon of water; slowly pour the soup over, stirring constantly. Then serve, with several small squares of bread fried in butter or toasted in each soup plate. A tablespoon of lemon juice or a few drops of vinegar thrown into the soup at the last minute is an improvement. And if there is left-over fish it may be cut into small neat pieces, heated in the soup at the end, and a piece or two included in each serving.

V

Season It!

We depend so much on salt and pepper for seasoning that we're likely to overlook a whole bouquet of fine flavors that make dishes twice as tasty at almost no cost at all. In Jewish sections you'll find plenty of highly-flavored seeds such as poppy and dill, spices and herbs — dill especially; in German districts there's always caraway; and few Italians, even when crowded into slums, can get along without a pot of basil growing on the window sill to make all dishes, especially those made with tomato, extra snappy.

Herbs are easy to grow in a sunny window, or you can buy them fresh in summer and dried in winter at herb stores, foreign florist shops and sometimes on the pushcarts. Here is a list of common ones, all of them dirt cheap compared to the flavorsome work they do: anise, basil, caraway, celery, chives, coriander, dill, sweet marjoram, mint, parsley, sage, savory, tarragon, thyme and watercress. Some of these can be bought in pots, especially in the "Little Italys," and these can be set in saucers on the kitchen window sill

for handy picking, watered daily and turned occasionally to keep them from growing lopsided. With plenty of sun and water they can be kept flourishing all winter, when green things are greatly relished.

Most herbs belong to two plant families, the carrot and the mint. In America the large mint family supplies such favorite herbs as spearmint, peppermint, sage and thyme. We know ordinary garden mint best in mint juleps, and in mint sauce which goes so well with Spring lamb that many butchers give a bundle of it free with every leg. But the minced leaves should be strewn over green peas, string beans and new potatoes as well. They set off lemonade and nearly all tinkling summer drinks, and when the leaves are candied there is nothing better to garnish sweet potatoes, or to nibble after dinner in place of commercial mints. They should be dried, too, for winter use. Try powdering a few dried leaves into a steaming cauldron of pea soup.

All members of the mint family serve in place of spearmint, which is the herb we call just "mint." In France, for instance, thyme is substituted, especially in the lowlands and salt marsh country where it grows wild and the sheep eat their weight in it. Hence French lamb is delicately reminiscent of its pasturage, and thyme is added to flavor the roast that's most highly prized in this section.

On the other hand, sage, a sister mint, grows wild in the highlands and along the Mediterranean shore, just as it does in Texas — so sage-scented lamb takes the place of thyme-flavored there.

From these two examples we see that it's safe to take our mints as we find them, and to remember, too, that the Greek honey of Mount Hymattus, famous for thousands of years and still imported to our shores by fancy grocers, got its reputation from the bees feeding on thyme flowers, just as the celebrated honey of Dalmatia owes its reputation to sage flowers. But we can get domestic mint-fed honey for the same price as ordinary clover honey, and it's tops!

The carrot and mint families come together in the classic herb bouquet called *bouquet garni* in France and "a faggot of herbs" in England. This consists of either parsley or chervil, to represent the carrot family, tied in a tiny nosegay with just one leaf of bay and a sprig of some mint, such as thyme, sage, savory or spear-

mint. Let it be marjoram or savory for consommes, stuffings and stews, and basil for turtle soup and ragouts.

Green herbs make the best cooking bouquets and chives or tarragon pinch-hit for either parsley or thyme; and it's well to remember, when using dried herbs, that a little goes a long way.

Another indispensable combination is *fines herbes*, which originally consisted of minced parsley and finely chopped chives. But in trailing French chefs around the world it's undergone many a sea change, so today the green specks that peek out at you from an *omelette aux fines herbes*, or other dish with as Frenchy a name, may be cress, basil, rosemary, thyme, savory — almost any of the herbs that belong to the sweet carrot or parsley family. Chervil is extra good in *fines herbes* because it tastes of parsley and fennel combined. So is minced cress, watercress or peppergrass.

Fines herbes, destined to be mixed with melted butter to make a sauce for grilled steak, needs tarragon along with the chives, and sometimes mushrooms. Indeed, there's no hard-and-fast rule about any of this; so just be guided by good horse taste and whatever seasoning there is at hand.

We'd like to do culinary justice to some of the pot-herbs — purslane, for instance, more intimately known as pigweed, which the French get piggish about when a double handful is tossed into a chicken broth enriched with egg yolk, butter and cream, together with an equal amount of sorrel, the sour grass that all Frenchmen go for, both cooked and raw. You can bring back plenty of both for nothing from a trip to the country.

Then there's good old burdock, a humble weed if ever there was one, yet it offers very fine fleshy food stalks free for folks to peel and cook like asparagus, or cut up raw into salad, which is a far better use for this burr-breeder than just to let it grow up into burrs that get into your socks and hair. Even the stinging nettle is an herb which cooks into a swell mess of greens. Corn salad, too, and its tiny twin brother peppergrass are other old-timers, but they're staging a come-back; they're listed now in almost any seed catalog, together with eloquent recommendations for their use in soups, salads and such, and shouldn't be hard to find in any big market.

Chickweed, as well, is just as good food for man as for his canary.

When boiled it resembles spinach and is even tastier. Mix with dapper young dandelion leaves, pull them to pieces, dash with salt, pepper and lemon juice and lay them in a bed of butter on bread, to make the tastiest Spring Tonic Sandwich.

Among the countless edible herbs we're inclined to pass up and call "weeds," there's poke, stinging nettle and Jack-by-the-hedge, so many of these roadside gypsies they'd fill a whole cookbook. So unless you know them by sight, let's let them go, with just the passing hint that Jack-by-the-hedge, whose alias is Sauce-alone, is flavored like garlic, but more subtly, and pokeweed is still keeping the share croppers alive down south. If you like, you can assuage Spring fever of almost any dangerous degree by putting all of the above into one combination salad, except the stinging nettle, which has to be cooked before it loses it's prickly heat. And for good measure, you might throw in a few sour dock leaves, plain plantain, the tip-ends of milk weed, a bit of wild onion, some nasturtium leaves and flowers minced together, oxtongue, lamb's quarters, shepherd's purse — in fact any of the luscious leaves, gummy pods and esculent roots you can gather by the basket full in almost any vacant lot in the suburbs. When we lived just outside of Chicago, Italians used to come out with gunny sacks to fill with such "weeds" we hundred-percenters let go to waste. And they carried back wild mushrooms and puff balls, too, to make into stews and dry for a whole winter's soup supply.

Better still, so you won't mix in some skunk cabbage by mistake, if you have access to a bit of land, select your favorite herbs from seeds supplied in great variety by the garden houses, plant them in any corner of good earth and watch them thrive like the weeds they are. Of course if you live in the city, the cops might object to your trying to raise savory, dill, fennel and whatnot at the foot of some Washington monument in the town park, so its safer to fetch home a sack of black loam and start an edible window box in any sunny room. The Department of Agriculture sponsors this practice and recommends the following spicy little plants to be potted — mint, cress, marjoram, basil, chives and rose geranium. Then when your herbary gets going, you'll always have *fines herbes* on hand to make any plain omelet fancy. If you think earthen pots look ugly, sub-

stitute deep glass bowls — even a small terrarium or an old goldfish bowl holds enough earth and gives just the right hot-house protection to supply plenty of basil and chives for a small family.

Another very common herb that's been brightening dishes for centuries, at absolutely no cost at all, is the marigold. We think of it chiefly as a decorative flower, yet it's one of the fullest-flavored of culinary herbs. The petals alone are used in making the celebrated:

MARIGOLD SOUP

Boil mutton bones four or five hours, cool and remove fat, add an onion with a couple of cloves stuck in, a turnip and two potatoes, peeled and sliced, and boil everything until vegetables are soft. Then remove the onion and turnip and stir in two cups of cold boiled rice. At the finish sprinkle the top of the pot with a palmful of marigold petals, which not only give zest to this soup but dart away from the diner's spoon like glinting goldfish and add to the gaiety of eating.

VI. *Snacks*

That socialite trio, caviar, anchovies and olives, gain admittance to Park Avenue penthouse parties by the high prices of their pretty glass containers. The fact that the rich will pay up to fifteen dollars a pound for the fanciest of caviar does not keep New York's East Side from enjoying just as much festivity on the toothsome red variety which comes out of an open can for thirty cents a pound. The very same anchovies that keep company with orchids and diamonds find their way to every Italian worker's table, but they are bought by weight out of barrels and twenty-pound tins, at a reasonable cost. These three gourmet treats can be enjoyed by all who will take the trouble to shop for them in the groceries, delicatessen and fancy food shops which abound in modest foreign neighborhoods.

Quite a large variety of olives come in bulk. The ripe ones, wrinkly or smooth, and nearly black, particularly those sold in Greek stores, so rich and luscious to sink the teeth into, will make a salad sing if a few of them are stoned, roughly cut up and thrown in before the dressing. There are the very cheap little hard green ones which the grocer fishes for with a strainer in their salty pickle; every-day olives we'll call them, but tasty to nibble off their pits. This same variety costs three or four times as much when stuffed with pimiento and put up in bottles. Cut from their seeds and chopped, they make any stuffing or gravy fancy, especially for duck and chicken. With a little practice they may be pared off in spirals without waste; very pretty little nicknacks to put into salad or sauce, or to make a big show in garnishing. Each of these spirals can be stuffed, too, with a bit of red or green pepper, with a sliver

of pickle, a dot of egg white, a quarter of an anchovy, a nut meat with capers, or with grated cheese.

Ripe olives are not so strongly flavored when pickled as when dried in their own oil. Ripe or green olives make an interesting appetizer for an occasional fine meal if cooked as follows:

CREAMED RIPE OLIVES

1 TABLESPOON MINCED ONION
2 TABLESPOONS OLIVE OIL
2 TABLESPOONS FLOUR
1½ CUPS MILK
1 CUP RIPE OLIVES, CHOPPED
1 TEASPOON WORCESTERSHIRE
½ TEASPOON SALT
⅛ TEASPOON PEPPER
TOAST

Sauté onion in olive oil. Add flour and season, then add milk. Stir and simmer until sauce thickens; add olives, heat well; then add Worcestershire and seasonings; serve on toast. Will cover 4 slices.

OLIVE RAGOUT

1½ CUPS GREEN OLIVES
1 SMALL ONION, CHOPPED
½ GARLIC CLOVE, MINCED
2 TABLESPOONS OLIVE OIL
⅔ CUP MADEIRA OR RAISIN WINE
1 TEASPOON MINCED PARSLEY
TOAST

Pit the olives. Slowly fry onion and garlic in oil, without letting them brown. Add olives and Madeira, cover closely and simmer. Add parsley and serve on toast.

Queen-size green olives are cheap, too, by the pound, and are really worth dressing up. The trick of stoning them while keeping them whole can be learned with a little patience. But they are even more interesting if slashed instead of stuffed, and laid in a pickle of your own for a night and a day — weakened vinegar with spices and herbs, peppercorns, fennel and aniseed being the favorite. Slivers of garlic or onion may be laid in the slashes.

Thus a variety of half a dozen kinds of olives can be devised for a party at no more than the expense of one meager bottle.

Pushcart markets in big cities have recently begun to sell California olives just as they are picked from the trees, of excellent

quality, large and fat; and since they are purchased mostly by Italian, French and Spanish housewives who pickle them at home with the double purpose of serving a tasty product at a low cost, they have remained cheap. Here is the way we pickled olives in our kitchen in Southern France:

PICKLED GREEN OLIVES

Discard all imperfect fruits and those that have begun to turn brown. Make a strong lye solution. We used ashes of olive wood, but commercial lye will do, in the proportion of ¼ pound of lye to 1½ gallons of water. Place olives in an earthen jar, pour solution over and stir with a wooden spoon. The first day stir 4–5 times until all the fruit falls to the bottom of the jar. In a couple of days force a sharp nail into one of the olives to see if the fruit can be separated from the stone, then open it and observe whether the caustic has penetrated all the way through the fruity outside. This depends on the strength of the lye, which is not always of uniform quality. If not ready, dissolve a couple of tablespoons of lye in water and add to the solution, stirring thoroughly with the wooden spoon, so that the fresh lye will reach the bottom layer of fruit. Leave for a day and test again. Take olives out of the solution with a skimmer, wash in fresh water until no vestige of lye remains, then let them soak in fresh water for 8 days or so, changing it daily. By this time the olives should have lost their bitterness — test this by tasting. Then make the following pickling solution:

5 QUARTS COLD WATER
1 POUND KITCHEN SALT
8–10 BAY LEAVES
3 FENNEL TOPS
PIECE OF ORANGE PEEL
½ TEASPOON CORIANDER SEEDS

Boil all together for 5 minutes, and let cool. When completely cold pour over the drained olives and let stand in the crock for 5–6 days, when they will be ready to eat. They may be packed in glass jars, filled to overflowing with the brine. Then rubbers and tops may be put on and they will keep like any pickles. The fennel tops, which resemble dill tops, usually may be purchased from the same vendor who sells the olives. A tablespoon of fennel seeds might be substituted, but will not give quite the same flavor. The

outer husk of coriander seeds must always be removed and only the inner grain used.

There are two kinds of anchovies, the real ones which have reddish brown flesh, and other little fish, often called sardellen, which are nearly as good, but do not have the anchovy color. The big tins of them in Italian groceries are usually the true anchovies, beheaded, emptied and put down in salt. They must be soaked 2–3 hours in fresh water, changing it several times. Then the silver skin can be scraped a little, and the two fillets can be easily separated down the back with the ends of the two thumbs. They should come off the backbones neat and clean and be laid around the edge of a plate or platter to dry, when they are ready for any number of luxury dishes. They may be laid on fingers of toast their own size for canapes. They may be curled around any other tidbit, a bit of pickle, a caper, or what not; may be used to stuff olives, or hard-cooked eggs, or to garnish or go into a salad. Or for future use they may be put into a jar with some olive oil until they absorb it. But after being deprived of their salt they will only keep a day or two, unless they are completely immersed in oil and hermetically sealed.

Several clever cooking tricks evolve around these gustful little fish. The Scandinavians add a savory touch to breaded veal cutlets by laying a hatchwork of anchovy fillets across each one. Vapid fish like the cod family are greatly improved if the flesh is gashed in three or four places and an anchovy fillet is laid in each cut. Or a couple of fillets may be thrown into the roasting pan, not only for baking fish but for lamb and beef as well, to enhance both meat and gravy. The gravy should be sieved.

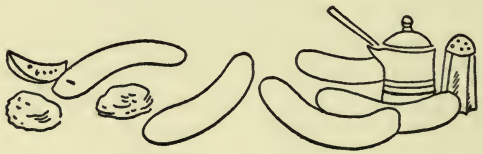
Anchovies are also an important ingredient in a number of expensive commercial sauces, which are very convenient to have on hand and are not difficult to make at home.

ANCHOVY SAUCE

½ POUND SALT ANCHOVIES
½ TABLESPOON FLOUR
DASH CAYENNE
1 INCH LEMON PEEL
1 CUP VINEGAR
SALT
1 BAY LEAF
1 PARSLEY SPRIG
1 SPRIG THYME

Soak anchovies 2 hours in water; clean and fillet them. Add a cup of cold water to trimmings, bones, herbs and lemon peel, simmer 15 minutes and strain. Blend flour smooth with a little water and add to the strained liquid. Beat fillets, a little at a time, to a paste, and add. Mix well, add cayenne and cook until thick and smooth. When cold, briskly stir in the vinegar. Salt to taste, put in a glass jar and keep tightly covered. Use a little to season gravies and sauces.

Open-faced red caviar sandwiches or canapes, Soviet style, are just the thing to sell at a money-raising organizational party, for they cost but a cent apiece and keep everybody happy and coming back for more, not minding a bit that the appetizing saltiness creates a thirst that keeps the bartender busy. Buy whole loaves of Russian black bread and cut it as thin as you can, for thus it goes best with caviar. Be careful not to break the orange-colored salmon eggs, but preserve them intact by using a little wooden spoon or paddle to transfer them from package and strew them over the bread. Open sandwiches covered with minced hard-cooked egg white and minced onion, with a sprinkling of the egg yolk pressed over through a sieve, will disappear too, but only because the taste of these combines so well with the caviar.



VII. *Savory Spreads*

Butter is such a universal spread we seldom think of changing to cream cheese, smearkase, mayonnaise and other equally good lubricators for bread. But in Europe butter is only one of the spreads and plain juicy black or rye bread is just as often covered with chicken fat, olive oil, even plain mustard, to make an appetizing snack with beer and other drinks. Such things as catsup, chili sauce, pickled horseradish and garlic roasted soft make a slice of honest, well-knit bread, white or black, into a miniature meal. In fact, this last is the standard lunch of Italian shepherds. They carry along half a loaf of bread and dozens of whole heads of garlic which are roasted in the embers of olive twig fires until they become soft as butter and are then spread on the bread. Since cooking takes the strong taste and high spirit out of all onions, this is much milder than garlic sliced raw on bread moistened with olive oil.

But we use olive oil mostly in the form of mayonnaise, and it's a pleasant change to spread bread with that, especially if a little relish, such as chopped chives or piccalilli is mixed into the mayonnaise. Or try beating the yolk of a hard-cooked egg into it, with a little salt and a couple of drops of Tabasco.

Such relishes go as well and tend to go farther when mixed with butter, and when creamed with ordinary cottage or Dutch cheese,

which is good food and also cheap all over the world, you've got something.

Here are some suggestions for savory spreads to take the curse off common salty store butter:

In summer mince fresh petals of roses, nasturtiums, violets, orange blossoms, apple, peach — in fact any fruity blossoms and perfumy flowers such as honey-filled clover heads, and mix them with ordinary butter, or with cottage or cream cheese and mayonnaise. This is a common practice in Europe, where spreads are never monotonous.

GIBLET SPREADS

Pound cooked livers, hearts, gizzards, the little eggs found inside a fat hen, or any combination thereof to make a paste with butter, cream cheese or mayonnaise for toast or crackers.

CELERY

Instead of throwing away fresh celery leaves pound them to a paste, pep them up with a little vinegar or lemon juice and salt, mix into an equal amount of butter, cheese or mayonnaise.

AVOCADO BUTTER

When avocados are both ripe and cheap, scoop the luscious vegetable butter out of the shell and mash it to a paste, seasoning with a little lemon juice and salt. This is a most refreshing spread as is, or it can be mixed with equal parts of regular butter.

NUT SPREADS

Pound nuts to oily paste, season with salt and cayenne and mix into 3–4 times as much softened butter, cheese, or mayonnaise.

SHRIMP BUTTER

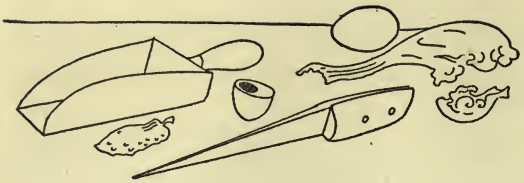
4–5 DRIED SHRIMP ¼ POUND SWEET BUTTER

Pound dried shrimp to powder and cream into butter, then rub it through a fine sieve.

Dried shrimp can be bought reasonably in any Chinatown. They are already shelled, so it isn't much trouble to pound them to

powder and use like curry in seasoning anything which lends itself to their high, sharp flavor.

Try your hand at making original spreads. If you like coffee, stir the contents of a George Washington "Ace" into as much butter as it will take and spread it on crackers for an unusual treat when you can't have a cup of hot coffee, but hanker for the taste. Fresh fruits, especially apples, mix in to refreshing spreads and also double the volume of butter and cheese, making it go twice as far. Beef extract and fish pastes are likewise excellent, although they add to the cost of the original spread instead of reducing it, as bulkier ingredients do.



VIII

Swell Pickings

BEEF LIVER PATTIES

1 POUND BEEF LIVER
1 EGG
¾ CUP BREAD CRUMBS
2 TABLESPOONS ONION JUICE
1 SCANT TEASPOON SALT
⅛ TEASPOON PEPPER
COOKING FAT
3 ONIONS, SLICED

With a dull knife scrape liver to pulp, discarding veins and stringy tissues. Wet bread crumbs with lukewarm water and squeeze dry, then mix with liver pulp, beaten egg, onion juice, salt and pepper, and form into cakes ¾ inch thick. Fry in hot fat. The patties are done as soon as the reddish color has changed to brown all the way through, and care should be taken to never overcook liver, for it quickly becomes leathery and flavorless, and indigestible as well.

Prepare the sliced onions separately by putting them into rapidly boiling water and cooking for 5 minutes. Drain them, but save some of the water in which they're cooked.

When you take up the liver patties put the cooked onions into the frying pan gravy, add a spoonful of the onion water and stir lightly for a moment until onions have absorbed the liver flavor.

Put patties in center of hot platter, surround with onion slices, which fall into decorative rings, and serve with dish gravy made by stirring some more of the onion water into the contents of the frying pan.

Because beef liver is toughest and driest of the livers, it should be cheaper than either lamb or pig. And to overcome the toughness it must be scraped to a pulp, which also helps bring out its fullest flavor. Calves' liver, which probably is tastiest of the lot, costs three times as much as beef, so its use is prohibitive. In fact, chicken, turkey, and even goose livers are a better buy than calves'

liver, and are truly epicurean when broiled or fried in butter. Turtle and fish livers, when obtainable, are also excellent. In fact, a doctor will tell you that any kind of liver is good for your liver.

FRIZZLED BEEF

DRIED BEEF
BUTTER
FLOUR
BUTTERED TOAST

Cut any quantity of dried beef into thin strips and put in saucepan half full of water, bring to boiling point, stir in some butter and thicken with flour to make a tasty gravy. Season with pepper, or not, but no salt. Heap on hot buttered toast and go to it.

Dried beef is called "jerky" by Texas cowboys; it's their Americanization of the Spanish *xarque*. They cut a steer into strips and hang them on the fence to dry in the baking sun. The only trouble with dried beef is its high price, but a little of it goes a long way and it has a wild, gamey tang all its own.

HAM TOAST

Put minced cold boiled ham in a pan with hard-boiled eggs chopped fine and simmer in a little butter. Season with mustard and cayenne and spread on thick slices of buttered toast.

This is the original Western Sandwich which, with the present high price of ham, is about the only way we can get our national ham and eggs. Ever since Harvey of the railroad restaurants died with this last admonition "Slice the ham thin, boys!" it's been getting thinner and thinner; so any day now we can expect the southern makers of ham paste to sell a little blow-brush with it to blow a thin film of ham on our bread.

CALVES' CHEEKS, CANNIBAL STYLE

6 CALVES' CHEEKS (3 POUNDS)
SALT
PEPPER, FRESHLY GROUND
¼ POUND BUTTER, OR BACON DRIPPING
MUSTARD
WORCESTERSHIRE, OR SOY SAUCE
2 ORANGES
1 LEMON

Have butcher clean cheeks and flatten them like veal cutlets with the side of his cleaver. Cut off any adhering skin or taste buds. Salt

and pepper the cheeks well, using whole black peppers either freshly ground or pounded in a cloth, as much of the flavor of this delicate dish depends on the pepper sparkle. Dot with half the butter or bacon dripping and mustard, sprinkle on Worcestershire or soy sauce and put in roasting pan.

Cut oranges and lemons in half, remove most of the yellow top skin, the oil of which is hard to digest, squeeze the citrus juices over the meat and put the white squeezed skins into spaces between meat in pan.

Roast 10 minutes, turn meat, dot with rest of butter or fat and roast 10 more minutes.

Turn meat again, put it under medium flame beneath the broiler, baste and turn several times while cooking it a final 10 minutes.

Most Kosher and Latin butchers carry calves' cheeks and also calves' feet, which are almost unknown in regular 100% American butcher shops. So the cheeks are still as good a buy as calves' liver was before the medicos boosted the price to prohibitive heights.

To keep this dish cheap, any tasty fat may be used in place of butter, and wine vinegar instead of oranges and lemons. But if you can afford it, use the butter and fruit, for the extra quality imparted by these is well worth the difference.

Of course, any left-over cold cheek meat makes swell sandwiches, with a bit of pickle or chili sauce for piquance.

SMOTHERED CALVES' CHEEKS

3 CALVES' CHEEKS (ABOUT 1½ POUNDS)
¼ TEASPOON BLACK PEPPER
⅛ TEASPOON RED PEPPER
4 GARLIC CLOVES, CUT FINE
2 TEASPOONS VINEGAR, OR LEMON JUICE
2 SLICES BACON
1 ONION, CHOPPED FINE
2 TABLESPOONS COOKING FAT
2 SCALLIONS, CHOPPED FINE
1 CUP TOMATO PULP
1 TEASPOON SALT
1½ CUPS BOILING WATER

Remove any rough skin from cheeks, cut the meat in pieces about 1 inch square and rub well with both kinds of pepper and the garlic.

Put bacon in frying pan and cook crisp, remove it and fry onion

in the bacon fat; add cooking fat, the seasoned meat and scallions. Return the fried bacon to the pan and cook everything together, shaking the pan and stirring until meat is lightly browned. Press tinned or cooked tomatoes through a sieve to make 1 cup of pulp. Add this pulp and the boiling water. Cover well and simmer 45 minutes, adding salt while cooking.

This is a juicy stew, excellent for dunking.

The French standby for a cheap meat dish is a whole or half calf's head with the brains taken out, but the cheeks not cut off. This requires long, slow cooking, which costs money when you're buying from a gas or electric company. So the cheeks alone, without any bone or waste, make a dish that's quicker to cook and as tender as spring chicken, which it resembles in taste.

Because calves' cheeks are almost unknown outside of foreign butcher shops they sell for about 25¢ a pound and are even a better buy than beef, pig's or lamb's liver. Since they're all meat, this is a very economical food and one that meets with universal approval.

If there is any objection to garlic it may be cut in slices and picked out just before serving; then its presence will not be suspected, and the dish will be subtly improved by its flavor. For it's well known among canny cooks that people who think they can't stand the taste of garlic relish its flavor if they happen to eat a garlic-seasoned roast or stew with their eyes shut. And, by the way, in handling cut garlic all odor can instantly be washed off the fingers by holding them for a moment under the cold water tap.

BUBBLE AND SQUEAK

Lightly fry in butter any cold meat cut in thin slices and keep it warm while you heat up any cold cooked vegetables such as cabbage, potatoes, onions and turnip-tops chopped together and seasoned with Mike and Ike, the salt and pepper shaker twins. When vegetables are ready put meat on a hot platter, surround it with the vegetables and sluice with gravy, if there is any.

This standby of England started in the good old days when most poor families had a joint of beef every Sunday, with some always left over until the middle of the week. It's a quick way of using leftovers and is about the same as our hash, except the meat isn't

chopped and it's cooked separately. The picturesque name comes from the bubbling of the margarine and the squeaking of the cabbage whilst cooking, for cabbage is always a prime ingredient. The dish is also affectionately known as Bubblum Squeak.

MUGWUMP IN A HOLE

1 POUND BEEF OR VEAL
SALT AND PEPPER
1 EGG
1 CUP MILK
1 CUP FLOUR

The meat may be either fresh, or underdone leftover, and should contain some fat. Cut it into 1½-inch chunks, and season; lay in bottom of a buttered baking dish. Beat egg light, mix with milk and 1 teaspoon of salt. Slowly stir into flour, and beat thoroughly. Pour over meat and bake 1 hour.

Down South a mugwump is a tadpole when he has grown half way into a frog, but is neither one nor the other. Before the Democratic and Republican parties became exactly alike, a voter who was loyal to neither but switched when he pleased was derisively called a mugwump, or in-between tadpole, by his confreres in both parties. The epithet carries no sting now, when one of our United States senators can run on both tickets at the same time for nomination as Mayor of New York City. There were never any aspersions on this dish, however, which is a variation of the British "Toad in a Hole," and by any name it's both economical and good. The baking dish may be carried to the table just as it comes out of the oven, or the mugwumps may be taken out of their holes and laid on a hot platter, with the holes set around them as a garnish.

SHEEPS' TROTTERS A LA POULETTE

1 DOZEN MUTTON FEET
2–3 QUARTS HOT WATER
4 TABLESPOONS FLOUR
1 WHOLE ONION
2 CLOVES
2 CARROTS, QUARTERED
HERB BOUQUET
2–3 TABLESPOONS VINEGAR
SALT AND PEPPER
3 TABLESPOONS BUTTER OR MARGARINE
1 ONION CHOPPED
3 EGG YOLKS
½ CUP EVAPORATED MILK
JUICE OF 1 LEMON

Have butcher clean feet well; wash them; put in cold water; blanch by bringing to boiling point. Place in deep kettle, iron preferred. Work 2 tablespoons flour smooth with a little water, stir into the hot water and pour over the feet. Add onion stuck with cloves, carrots, herb bouquet consisting of sprig of thyme, parsley, celery and bayleaf; add vinegar and pepper. Salt is added during cooking. Partially cover kettle and simmer 5–6 hours. The sheeps' feet are done when the middle bones may be detached easily. Melt butter in another kettle, lightly brown the chopped onion, add 2 tablespoons flour, stir together, then add nearly all of the cooking liquor, stirring all smooth. Beat egg yolks with milk, add, stirring constantly, and take from the fire before egg can curdle. Lift feet one at a time from the kettle, remove and discard center bones; drop feet into sauce, sprinkling in the lemon juice. Serve at once in a deep hot dish.

The test of a good cook is the ability to take food materials that less competent cooks reject in favor of prime parts easier to do and make them into succulent dishes by skilful, intelligent preparation. This practice has brought distinction to both thrifty French cooks and poverty stricken Negroes, who have had to take the tougher, rejected meats and make them into dishes fully as delicious as those of a ritzy chef who has everything at hand.

STEWED LAMB'S TAILS

Trim the tails; line a stewpan with slices of bacon, carrots, and onions. Put in the tails, with one clove of garlic and an herb bouquet — that is, a sprig of thyme, two sprigs of parsley and a bay leaf, tied together. Season with a clove and peppercorns; put the stewpan over the fire for 10 minutes, then pour in 1 pint of boiling water and 2 pints of vinegar. Simmer until done, salting while cooking. Take the tails out, strain the liquor they have cooked in and boil it until almost reduced to a glaze. Then put the tails back in and warm them up again. Prepare a puree of spinach or a mess of greens such as beets, turnip or poke, pile it in the center of a hot dish, arrange the tails around it, and pour their sauce over all.

These are a real delicacy, as are the tails of all animals, from pigs to oxen. The bit of tail our canny packing houses leave on a leg of

lamb is a delicious morsel if it is well protected by a thick covering of paper to keep it from drying out while the rest of the leg is roasting. And those who have dined on the broad fat tails of Turkish sheep, so prized that centuries of careful breeding have been devoted to producing them, always come back for more.

HAVE A HEART!

Pig's and lamb's hearts are good just cut up and stewed with vegetables and herb seasonings. There should be a browned flour gravy. Or they may be stuffed as follows:

For each heart: 1 small onion, minced, 2 tablespoons bread crumbs, 1 tablespoon melted fat, ¼ teaspoon sage, salt, pepper, and a dash of cayenne. Stuff, sew up opening and brown heart in fat; then stew in very little water with a carrot and an onion. When tender eat at once.

Although beef, lamb and pigs' hearts are both good and cheap, the one that appeals most to us is veal heart. In New York City we pay a nickel apiece for these, and since they weigh around half a pound, that's probably the cheapest solid meat available anywhere. To make the dish economical it's advisable to cook more than enough for one meal, since the cooked meat keeps well and is fine when cold.

Let the veal hearts lie in cold water to discharge coagulated blood, wash thoroughly, open up pockets with a knife, trim veins, fill with rich stuffing flavored with onion juice and poultry seasoning, or your own herb mixture, and have that stuffing moist. Sew up, and slowly bake or braise with onion, carrot, herbs, and peppercorns. If some of them are to be eaten cold, the family will welcome the change if these are stuffed somewhat differently: a little ground liver, or sausagemeat, or leftover poultry, mixed with the crumbs, with slightly different seasoning — and then let the ones so stuffed cool in the gravy, wipe dry, and slice thin. The circular slices with the inner rounds of stuffing are attractive to look at and very palatable.

BEEF HEART

The heart of every animal is both substantial and tasty, as anybody knows who has fished the chicken heart out of a stew and gobbled it as an appetizer while the cook was making the dumplings.

Heart is as good meat in its way as kidneys or high-priced liver, and the best thing about buying hearts is that there's almost no waste. But being the most active of all muscles, the old and big ones, such as beef, are both lean and dry, so the fat they lack must be supplied in stuffing or in basting sauce, and the dry tough texture must be overcome by long, slow cooking and much basting.

Beef heart is especially obdurate, but it is a fine dish, if the cook starts out with some of the courage its consumption was anciently supposed to supply. It tastes something like game and is entirely worthy of being eaten with currant or grape jelly. Three hours should be allowed for braising, or two for roasting. A fireless cooker does this dish at little cost. First soak the heart in cold water for half an hour, then parboil it; strain and save the liquid to use in basting. Enlarge the natural openings or pockets with a knife, and stuff with breadcrumbs which have been wet and squeezed dry, mixed with minced suet or bacon, and seasoned with thyme, grated nutmeg or an infinitesimal amount of powdered cloves, and a teaspoon of grated lemon rind (the yellow outside only). Sew up, and place in the pan with a sliced onion, a bit of carrot, a bay leaf and celery leaves. Reduce the parboiling liquor, add to it 2 tablespoons bacon fat or other fat, and either the juice of a lemon or 2 tablespoons of vinegar to help tender it, and baste with the mixture every 15 minutes. Keep closely covered until done. There should be plenty of good rich gravy. Carve like a honeydew melon, from top to tip and all the way to the center of the stuffing, so each portion looks like the new moon with stuffing filling its convexity.

AUSTRIAN GOULASH

Brown 3 big onions in butter, add 1 teaspoon or more of paprika, 1½ pounds cubed veal, and salt. Cover with tomato sauce of consistency desired, let cook one hour. Then add 3 tablespoons cream or evaporated milk, and let simmer ½ hour; or put in cream just before serving, if desired.

VEAL CUTLETS OR CHOPS

Season with pepper, dip in flour and then fry with cut-up bacon. Add a dozen or so pitted olives, the kind bought cheaply in bulk at

foreign groceries. Add vegetable or meat broth, or just hot water, cover and simmer until very tender. Further thicken the gravy if you wish. The bacon and olives will probably furnish all the salt necessary.

VEAL BIRDS

Flatten thin slices of veal with cleaver; cut in narrow strips, spread with bread dressing or liver stuffing, roll, skewer with toothpicks and fry. Dredge with flour and make a gravy of pan contents.

STRETCHING THE VEAL OR PORK CHOPS

Inferior cuts with bone. Dredge with flour and brown slowly on both sides in fat with a sliced onion. Fill frying pan with boiling water, or preferably water in which any delicate vegetable has been boiled. Add a second sliced onion, cut up potato and 1 stick macaroni for each chop; seasonings, a bit of thyme, sage or savory, and perhaps a small garlic clove, minced. Simmer for an hour, closely covered. A bit of any suitable left-over vegetable may be added at the end, a tablespoon or so of peas, cooked celery, carrot, tomato, or what have you. There should be a little liquid gravy if the cooking is slow enough. Otherwise boiling water must be added while cooking, and then the flavor and texture will not be so good.

LEFTOVER ROAST VEAL

Cut in thin slices, dip in warm white sauce mixed with grated mellow cheese, and arrange overlapping in the shape of a small veal loaf. Cover with more of the white sauce, grate more cheese over, then sprinkle with crumbs and brown.

BREADED LAMB CHOPS

Mix bread crumbs, minced ham and a little minced parsley. Season chops with salt and pepper, roll in flour, then beaten egg, then in these crumbs. Fry in hot fat and place on platter. Pour around them a sauce made of the pan contents, a little minced ham, minced pickle and meat broth.

CHOPS WITH MUSHROOM SAUCE

Pan-broil neck lamb chops on one side; place in buttered baking dish, cooked-side up; cover with mushroom sauce and bake until tender in hot oven. Serve hot with a sprinkling of chopped mint over each chop.

LAMB WITH EGGPLANT

Cut lean lamb in ½-inch cubes, season, cover with tomato sauce and bake in the oven about ½ hour, or until the meat is tender. Cut eggplant in thin slices; soak ½ hour in strong salt water, dry, dip in beaten egg and fry. Heap mounds of the cooked lamb on the fried eggplant and sprinkle with chopped parsley.

LAMB MEAT BALLS

1 POUND SHOULDER LAMB
3 SMALL CARROTS
1 SMALL ONION
1 TEASPOON SALT
⅛ TEASPOON PEPPER
1 EGG, BEATEN
2 TABLESPOONS BUTTER OR FAT
2 CUPS HOT BROTH
2 TABLESPOONS FLOUR

Put lamb, carrots, and peeled onion through food chopper. Add the seasonings and beaten egg. Mix thoroughly, shape into small balls and roll in flour. Sauté in butter until brown. Add ¼ cup of broth, cover and cook slowly 10 minutes. Remove the meat and keep hot. Add flour to pan contents; cook until smooth. Then add remaining broth, stirring constantly. Cook until the gravy thickens. Pour over the meat balls.

LAMB HAMBURGERS

Season ground shoulder of lamb with a little salt and form into cylinders; wrap each with a thin strip of bacon, skewer with a toothpick. Mix 2 tablespoons melted butter with the juice of a lemon, 1 teaspoon Worcestershire sauce, 1 teaspoon salt, ½ teaspoon dry mustard. Dip each roll quickly in the sauce and fry or grill. Eat with remainder of the sauce.

LAMB OR MUTTON WITH APPLES

1 POUND NECK MUTTON CHOPS
SALT
PAPRIKA
1 ONION
2 MEDIUM-SIZED GREENING APPLES

Remove superfluous fat from chops. Season with salt and paprika and lay in a baking dish. Cover the meat with finely sliced apples and finely chopped onions. Bake in a moderate oven until the meat is tender.

Frozen mutton from Canada or Argentina is sweetest and cheapest.

LAMB WITH ALMONDS

Reheat cold roast lamb in the following sauce, or pour the sauce around pan-fried chops. Chop 3 tablespoons of blanched almonds very fine and cook them until brown in a saucepan with 1 tablespoon of olive oil. Add 1 tablespoon Worcestershire and 2 tablespoons chopped sweet pickle; thin with lamb gravy.

PAPRIKA DEVILS

1 SPRING CHICKEN, JOINTED
3 TABLESPOONS FAT OR BUTTER
1 SMALL ONION, SLICED
1 TEASPOON PAPRIKA
SALT
SOUR CREAM
FLOUR

Heat butter in pan, lightly brown sliced onion in it, then put in chicken cut in handy pieces, strew paprika over and a little salt. Cover tightly and simmer till tender, adding a spoon of water if necessary. This takes 20 to 25 minutes. Then dust in some flour and stir in some sour cream to make a thin sauce. When this boils up the dish is done.

Tender Veal or Lamb Paprika Devils are prepared in exactly the same way, using about 1½ pounds of either meat, which will equal the amount of flesh on a Spring chicken, minus bones and unused parts. Served in true Hungarian style tiny dumplings usually keep the devils company. Or little raviolis, stuffed with chicken giblets or with chopped lamb's liver, prepared in advance and boiled at the last minute, are worth while doing.

SOUTHERN VEAL PIE

½ POUND HAM
1 POUND VEAL SHOULDER
SALT AND PEPPER
1 TABLESPOON FAT
2 ONIONS, SLICED
2 CARROTS, DICED
2 TABLESPOONS FLOUR
1 QUART BOILING WATER
½ CUP TOMATO CATSUP
3 RAW POTATOES, DICED
BISCUIT DOUGH

Cut ham in ½-inch cubes and veal in 1-inch cubes. Sprinkle both meats with salt and pepper. Put fat in iron pot, and when hot add meat. Brown well, add chopped onions and cook a few minutes. Add carrots and sprinkle with flour. When brown, add boiling water and catsup. Cover and simmer for ½ hour or until meat is almost tender. Then add potatoes and cook until tender. Place in deep baking dish and cover with baking powder biscuit dough. Brown in hot oven.

This is as tasty as a chicken pie.

CHILE CON CARNE

1 POUND GROUND BEEF
1 LARGE ONION
1 GARLIC CLOVE, MINCED
3 TABLESPOONS OIL OR FAT
1 SMALL CAN TOMATOES
1 GREEN PEPPER, CHOPPED
½ TEASPOON CELERY SALT
¼ TEASPOON CAYENNE PEPPER
½ TEASPOON CUMIN SEED, OR CARAWAY
1 MINCED BAY LEAF
½ TEASPOON CHILI POWDER
⅛ TEASPOON CHOPPED BASIL, OR PARSLEY
1½ TEASPOONS SALT
1 CAN CHILI BEANS

Finely chop the onion and garlic and fry for a moment in hot oil or fat. Add the beef and fry slowly until brown. The Mexican secret of this dish lies in slow frying. Add the chopped tomatoes, green pepper and seasonings. Continue simmering over a slow fire. Add beans. Cover and let simmer slowly until the juices blend.

BOEUF A LA STROGANOFF

1 POUND TENDER BEEF
2 TABLESPOONS FAT
1 SMALL ONION, MINCED
¼ GARLIC CLOVE, MINCED
1 PARSLEY SPRIG
¼ POUND FRESH MUSHROOMS
1 TABLESPOON FLOUR
SALT AND PEPPER
1 CUP SOUR CREAM

Have meat cut in narrow thin strips. Slowly fry onion and garlic in fat, add steak and brown. Add parsley and the mushrooms, sliced thin. Cover and smother for 20 minutes. Add flour, simmer until thick, adding a little boiling water if necessary. Add cream and heat, shaking the pan to mix.

This recipe, supposedly invented to be served at Stroganoff Palace on the Nevsky Prospect in what used to be St. Petersburg, is similar to many dishes in Central Russia today, where no one can do without his sour cream. The meat is either sliced or cut in cubes, and it may be beef, veal, chicken or goose, or any mixture of them. The flour used for thickening is buckwheat, so common in this section, and it is lightly browned in the oven before being added. The seasoning varies with the fresh herbs in the market, and even includes tomatoes, which may take the place of the sour cream in summer.

METHOD FOR CHEAP STEAKS

Lay a chuck steak, or other inexpensive cut, for several hours in a mixture of 2 tablespoons salad oil, 1 tablespoon vinegar, 3–4 onion slices, a cut garlic clove, a bit of parsley or other herb, half a bay leaf and a sprinkling of pepper. Turn occasionally, and rub mixture into meat. Lift out, drain and dry. Dredge with flour, brown on both sides in fat, add the mixture and simmer until tender and nearly dry. Salt during last half hour of cooking. Make a gravy of pan remains.

HUNGARIAN FILLETS OF BEEF

¼-INCH TENDER STEAKS
SALT AND PAPRIKA
FLOUR
1 LARGE ONION, MINCED
2 TABLESPOONS VINEGAR
FAT FOR FRYING

Salt steaks, rub with paprika, spread with onion mixed with vinegar and let stand 3–4 hours. Dip in flour and fry. Eat with a sharp salad.

In exchange for all the foreign influences in these beef recipes and many similar ones, we have given the world beefsteak, just as England centuries ago spread its roast beef from the Cape of

Good Hope to the Horn. Today, roast beef and beefsteak are part of every foreign vocabulary and it is interesting to observe the variations of spelling:

Italian	Bistecca	Swiss	Beefsteack
Spanish	Biftec	German	Beefstake
Portuguese	Bife	Swedish	Biff
French	Biftek	Japanese	Bif-tekki
Nice, Fr.	Beefsteack		

In an Italian-American bill-of-fare an oddity will be noted in *Bistecchine di Agnello*, literally "a beefsteak of lamb."

A similar "howler" exists in the *Rosbif de Mouton* of Flanders. Quite naturally there can be neither beefsteak of lamb nor roast beef of mutton, yet these names for these dishes point out the universality of the distinctive Anglo-American *pieces de resistance.*

But nowadays steak is too expensive for most of us, so we often taken our protein in the form of:

Eggs. Some like 'em white, some like 'em brown, but all of us like 'em fresh. In New York City eggs selected for their pearly whiteness fetch a few cents more a dozen, while mid-West customers fancy the brown egg as fuller flavored and are sometimes willing to pay a cent or two more for their preference. It's all a matter of taste, just so long as the eggs are fresh and of good size. The only honest way to sell eggs is by weight, but dealers make more money grading them as to color and size. Back in a Chicago suburb forty years ago a woman on our street, Old Miss Prouty, used to go to the store and pick out the biggest eggs in person, which got to be a town joke because she was rich and everybody said she got that way by getting her money's worth — a thing considered hardly respectable by us poorer families, well-trained by both grocer and butcher to telephone in our orders and accept their word for quality and weight. No housewife would think of being seen with a market basket, and as a result, in a year or two the grocer in our town had bought up half the vacant lots around and the butcher got himself a nice string of race horses, not for slaughtering purposes. In ordering fish from him, for example, the housewife would pick up the receiver and say, "Otto, send

up four pounds of fish." Just fish. No thought as to whether he sent a cheap fish that cost him three cents a pound, or a really flavorsome one for which he had to pay six. And that helped him get rich, because we always paid fifteen.

It was almost the same with meat, "Otto, how's your chicken today?" "All right, send her up if she's plump." Never any questions of price, quality or weight, only unconsciously intimate little questions like "Otto, how are your hams today?" Or, "your sirloin?" It wasn't often that a bride asked, "Are your kidneys nice? How's your liver, lamb fries, or heart?" Such giblets were supposed to be bought, if at all, only for the cat.

So Otto might have heaved his cleaver at a customer who asked, "Have you got any brains?" For brains, although good, cheap food out of which fine dishes can be made quickly and simply, were taboo. You might have whispered "calves' brains" to him, but if you asked for pigs' brains, which many people prefer for their substance and flavor, the story about your poverty-stricken taste would have been all over town by night.

PIGS' BRAINS WITH BLACK BUTTER

Boil a bone with some onion, thyme and half a bay leaf, or use a beef cube in place of the bone, and in this broth slowly poach the pigs' brains for 15–20 minutes, then remove membranes and simmer the brains golden in blackened butter pepped up with a couple tablespoons of vinegar, using this for a sauce at the finish and saving the delicate and delicious broth in which the brains were cooked to start your next soup.

CALVES' BRAINS

Prepare and serve same as pigs' brains, or vary the sauce from black butter to ravigote, the French "pick-me-up" mixture of minced tarragon, chervil, chives and burnet, made into a sauce with melted butter, salt, pepper, and a squeeze of lemon juice.

SADDLE OF RABBIT

Leave the saddle attached to the hind legs. Lay in roasting pan outside up. Season with salt and pepper, and rub thickly with but-

ter. Put into hot oven and when it begins to brown you begin to baste with ½ cup of heated cream, either sweet or sour, or evaporated milk, and lower oven temperature to moderate. A young rabbit will be done in ½ hour. An older one may take as long as 1½ hours and it's great cooked country style, that is, basted with buttermilk, which helps the tendering process. No other seasonings are necessary beyond more and more buttermilk as evaporation takes place. A bay leaf or ½ teaspoon crumbled sage dropped into the pan at the beginning enhances the gravy.

In Brooklyn we paid 4¢ a quart for buttermilk from an independent dairy that had a hard time getting rid of all they produced, while the milk monopolists held their price at 10¢.

JUGGED RABBIT

This is a dish which should only be prepared on a fire constantly kept going for heating purposes, because it takes so long to cook. In England we often had it cooked on the hob before our fireplace. And anybody who has a fireplace can do most of his cooking on it. You can call it jugged hare if you like, but we've no time for splitting hares, since everything is rabbit to the American butcher.

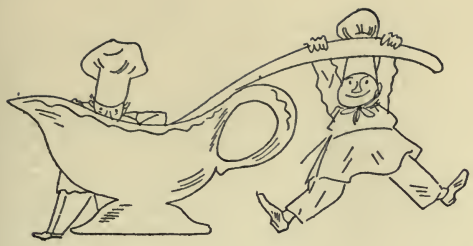
The following quantities of seasonings are flexible according to individual taste:

2 ONIONS
6 CLOVES
1 TEASPOON CHOPPED PARSLEY
¼ TEASPOON POWDERED THYME
¼ TEASPOON SAVORY OR MARJORAM
⅛ TEASPOON GRATED NUTMEG
1 TEASPOON GRATED LEMON PEEL

Stick 3 cloves into each onion, mix all the other seasonings together. Salt and pepper pieces of rabbit and fry brown in butter. Line the bottom of an earthenware bean pot with bacon strips and pack down the fried rabbit, scattering the seasonings in as you proceed. Place one onion near the bottom and the other near the top. Add the juice of an orange, or other fruit juice mixed with 1 cup of wine or cider and 1 cup of meat broth. (The broth can be made of 1 beef cube.) Or add 1 cup of ale or beer and 1 cup of water. Seal the cover tight with flour and water paste. Set in

a large kettle of cold water and after it boils cook 4 hours, more or less, depending on age of the rabbits. If you have even, slow heat, the kettle of water may be dispensed with. Or the pot may be set in a slow oven. Take up meat, keep hot, skim fat off the liquid, strain, and thicken with flour worked smooth with a little water and poured in through a sieve; boil 3–5 minutes. Put rabbit back in bean pot, pour gravy over and put it on the table. If the rabbit is fresh-killed save the blood to mix with the gravy.

Small onions, boiled and then caramelled in butter with a teaspoon of sugar, go with any dish of rabbit, or hare, as does a puree of boiled chestnuts.



IX

Good Gravies

The best of all gravies is broiled steak juice that follows the knife and collects in the hot platter, mingled with the dribblings of butter which was spread on the sizzling meat when it was taken from the grill. Even though one can have a steak like that, there is never enough dish gravy to give each person more than a taste. So this great, natural gravy is something to think about wistfully, rather than to eat.

Next best is the essence of meat that flows out of it during the process of cooking, and even this must be stretched to go around. By the time it is increased by thinning, and then is thickened with tasteless flour, it too often serves no other purpose than to wet the food it is spooned over. To make up for its deficiencies, store catsup, or some other expensive commercial condiment, is put on the table to pep things up, thus adding one more item to the budget which would not be necessary were the meat's natural dressing all it should be.

The first requisite for a good gravy is a good gravy maker, one who is not too hurried and flurried at the moment of taking up a meal to give the crowning sauce all the care and quick thought it demands. The next requisite is a wooden spoon to stir it with, and a small collection of herbs and seasonings to give it inspiration.

Such a gravy maker knows that the pan liquid should never be diluted with plain water. Vegetables are usually cooking in other vessels on the stove, and it is just as easy to take some of the tasty broth from boiling potatoes, or peas, or string beans, as to reach for the tea kettle. She will also save for this purpose the liquids in which foods were cooked for former meals. A cup of leftover soup will come in handy, too, and, of course, milk for veal and chicken. Anything to add flavor instead of weakening it.

There are three ways to thicken a gravy with flour:

(1) Work the flour smooth in a little liquid, strain as an extra precaution against lumps, and pour into the simmering pot liquor slowly, stirring carefully all the while until thick and smooth. This procedure is suitable only for stews and fricassées which are already fully seasoned and which will be served in the gravy. The solid portions should be lifted out with a skimmer, kept hot, and returned to the pot for a few minutes for a final immersion in the simmering sauce before serving.

(2) Knead equal quantities of flour and butter, or fat, together, and drop tiny bits of the mixture into the pot, here and there, shaking or otherwise agitating the liquid so the lumps dissolve evenly and mingle smoothly with the whole. This way is appropriate for a mixture of meat and vegetables which cannot be skimmed out easily before gravy-making begins, or for fish slices or other foods of such delicate texture that their appearance is spoiled by too much handling.

In using either of these first two methods one should make absolutely sure there are no lumps, and that the consistency is right, neither too thick nor too thin. And then the solids and liquid should simmer together for at least 15 minutes in order to completely cook the starch, and to let it make a coating over each morsel.

(3) In a separate sauce pan or frying pan, fat and flour are cooked together over heat so low that they may simmer for 15 minutes without scorching. Gravies for roasts, pot-roasts, and ragouts, are best made in this manner, with some of the fat skimmed from pot or roasting pan. The general rule for quantities is 1 tablespoon of fat to 1 tablespoon of flour, and 1 cup of liquid. The thorough cooking of flour and fat together before the liquid is added prevents the pastiness that is characteristic of bad gravies. It is obvious that this part of the process should begin before the meat is quite done. The careless gravy maker errs right here, by starting so late that either the gravy is stickily underdone, or the meat is drying out in the oven while she is patiently stirring, seasoning, and straining the gravy. Before this final cooking, the gravy should be tasted, and here is where the artistry comes in. While the tongue is holding the flavor, the cook stands before her seasoning

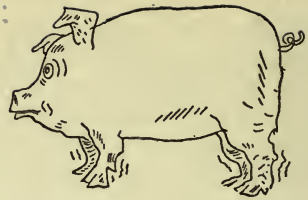
shelf, so that inspiration may decide just what touch of this or that will make the composition perfect. For flavor is what one craves in a gravy, not too much, but just enough to enhance the food it accompanies. Our seasoning shelf for sauces contains such simple things as these: a glass jar of dried celery leaves, another of dried parsley, others containing thyme, marjoram, sage, etc.; a sifter of dried chili peppers, to be crumbled between the hands; a shaker of celery salt; a bottle of red chili peppers in vinegar; soy sauce from Chinatown — cheaper than Worcestershire; a jar of tomato paste bought in bulk at an Italian grocery, with a little oil always poured over the surface to keep it moist and fresh; paprika — the best Hungarian is cheap and wonderful, but buy it in bulk; whole peppers to be twisted in a corner of cloth and crushed to give real pepper flavor; beef and chicken cubes, of which the Herb-Ox brand is the best we've found. It has appetizing green specks of tangy herbs in it.

No milk gravy for meats should ever turn out white. It should be tawny with delicately browned flour, or pale pink with paprika. And it should have an appetizing flavor of its own, imparted by celery leaves, or parsley, or a little grated onion — whatever goes best with the meat.

For dark gravies the French have a trick we have adopted. We very slowly fry a minced onion in about 2 tablespoons of the meat fat, cover the pan and let the onion merely smother until nearly done, sprinkle in the flour — about a tablespoonful — through a sieve; stir and fry for 5 minutes. The liquid goes in then, and stirring is vigorous until all are well mixed. It must simmer for 10 minutes longer, be occasionally stirred, and finally finished by straining. French cooks sometimes fry a grated small carrot with the onion, and drop in a little chopped celery before simmering. The result is truly tasty.

X

Right Down to the Squeal



With the high price of pork, ham and bacon, it's a good thing to know that every part of the pig is good eating, right down to the squeal. Spareribs, jowls, liver, kidney, yes, even the ears and tails, every one of them as good as "poke chops" in its way.

In most foreign countries pigs' ears and tails are highly esteemed, but they've never been popular in America, except down South where white landowners threw them to their slaves, who, from necessity, learned to make delicious dishes out of things their white masters considered offal. And this mistake exists down to this day when slaughter houses market everything but the chops and tenderloin for almost anything they'll bring. But certain butchers specialize in such choice tidbits as hogs' jowls, chitterlings, and harslet, the pluck of the animal which includes heart, lungs and liver. Ten cents a pound is the price, just now, but let some smart promoter get to work on them and they'll go skyrocketing, for from this raw material at which the snooty turn up their noses, the tastiest dishes are made. It's all a matter of education, as is easily seen in the fact that calf's liver and sweetbreads not so many years ago were given away or sold for next to nothing, until vitamin hunters brought calf's liver up to 80¢ a pound and doctors prescribed sweetbreads to a growing class of millionaire gourmets who thought it was good for their own giblets, brains, or something.

So don't stop at anything edible, and here are some appetizing ways to use the unpopular parts of a pig.

HOGS' JOWLS AND TURNIP GREENS

HOGS' JOWLS
TURNIP GREENS
SALT AND PEPPER
VINEGAR

This recipe is played in halves, like a football game.

Boil the jowls half an hour in salted water, then put the greens in and boil everything together for the second half.

Salt and pepper at the finish, pep up the greens with vinegar or lemon juice and add a little butter if you like.

This dish that came out of the poverty of the Negroes in slave days was quickly appropriated by the whites, so when you see a testimonial to Southern cooking today by some of the great native eaters like Irvin S. Cobb, you'll usually find them rooting for hogs' jowls and turnip greens or some other humble dish such as pigs' ears boiled with mustard greens, according to recipes worked out in plantation days when the master got the ham and tenderloin and the slave got the squeal.

There are dozens of variations that may be rung on this simple recipe and all of them excellent. Here are some:

Pig's Snoot and Collards
Hog Maws, Southern Style
Pig Tails and Poke Greens, Cabbage or Brussels Sprouts
Salt Pork and Beet Greens
Neck Bones and Virginia Collards
Pigs' Feet and Alabama Mustard Greens

Such specialties are easiest to find in the Negro sections of big cities, like New York's Harlem, which, in spite of its poverty, enjoys an exceptional cuisine that would make a Park Avenuer's taste buds come to full bloom if he ever got the chance to taste it: spareribs and turnip tops for example, every part of the pig with all kinds of greens, from poke salad to sorrel, which is plain sour grass to us but an exhilarating herb to all Frenchmen.

In fact, about the only Negro dish that some folks can't go, is chitterlings, but when they're young and tender as "newmown spaghetti" they're tops, either plain or with turnip tops. Any chitterling fan will walk a mile for them.

Another great contribution of the slaves is crackling—and here's a tip for a perfect appetizer: render the pig fat next to the skin in juicy mouthfuls, and serve it sizzling, just plain crackling, with a touch of salt.

PIG'S LIVER

Pig's liver is so luscious that many people who can afford the difference in price really prefer it to calf's liver which costs four times as much. To our mind it has beef liver beat a mile; although it is about as dry, it's much more tender. You might like to try pig's liver in place of beef in the Beef Liver Pattie recipe given under "Swell Pickings."

But the most popular way of cooking the liver of any old hog is to fry it plain, using plenty of fat to overcome that natural dryness.

Because this is a favorite in Negro Harlem the price is held high by whites who own most of the butcher shops, but elsewhere, especially on the fringes of wealthy white sections, pig's liver is a drug on the market and sells even lower than that of beef or lamb. And of course we all relish it without knowing it, for the fine flavor of commercial liverwurst comes from just that, since pig's liver is used in this almost exclusively. But don't buy a pig's liver in a poke, for it's not handled as carefully as the more expensive livers. Punch it to make sure it's firm; see that it's bright red in color, and fresh, with very little odor. It deteriorates rapidly and when kept too long becomes soft and dark-colored around the edges. And in cooking, never wash it, but wipe it clean with a damp cloth before removing skin and veins. Tough liver should be parboiled 20 minutes if it's to be cooked whole, or 5 minutes if already sliced.

PIGS' FEET

Have bones of 6 feet split lengthwise by butcher, leaving each two halves attached; scrape, and soak in cold water 3–4 hours. Drain, cover with cold water, add a sliced carrot, a sliced onion, a dozen peppercorns, a sprig of celery, another of thyme and one bay leaf. Simmer and skim until very tender, adding salt while cooking.

At this point they are prepared for cooking in any way you like, grilling, pickling, or jellying. If your family is large it will pay you to use 12 feet and double the recipe, and if small you might save out 3 of the feet for jellying or pickling and grill the other 3, as follows:

Drain, lay on a dish to cool somewhat, cut the skin holding the bones together, season each half-foot, rub with butter or oil, roll in

crumbs and fry or grill until brown on all sides. Meanwhile fry a minced onion brown and tender, add some of the boiling liquor, cook for a moment, add a tablespoon of vinegar, a small minced pickle and cayenne pepper. Serve with this sauce poured over, or in a boat for each diner to help himself.

PICKLED PIGS' FEET

6 PIGS' FEET, COOKED
CAYENNE
3 TEASPOONS SALT
2 CUPS CIDER VINEGAR
6 CLOVES
GRATED NUTMEG
2 BAY LEAVES

Cook feet according to first half of recipe above. While still hot lay in a bowl, season with salt and cayenne. Heat vinegar to boiling point with spices and pour over feet, cover, and leave until next day, turning them over several times.

A better way to pickle pigs' feet, however, is to begin with uncooked feet, split in halves and soaked for several hours in cold water. To every 6 feet you add 3 cups of vinegar and bring to boiling point. Skim, add 2 medium onions, 2 bay leaves, 20 peppercorns and 1½ teaspoons salt, boil slowly for 2½ hours, or put in fireless cooker for longer time.

Let them cool and serve cold in their own juicy jelly.

Potato salad is the ideal accompaniment to this melodic snack, and beer, of course.

The only reason for pickling pigs' feet yourself is to save money on a good-sized quantity, enough to pay for the beer maybe. If only 2 or 3 are wanted it's cheaper to buy them at a delicatessen.

Peppercorns should be bought by the pound in bulk (and the same holds true for Hungarian paprika), since the packaged kinds are no better and cost many times as much by weight. But usually only foreign shops keep peppercorns (or paprika) in bulk. Ground pepper is largely a racket, in which all kinds of inferior peppers and adulterant bird seeds are concealed, so it's best to buy the whole round pepper berries and grind them yourself, or pound up in a cloth But in this recipe only the whole peppers give the proper flavor. The black kind give you the most pep for your money. Black pepper is fully ripened on the tree, while white pepper is

picked green, hence milder in flavor, and chiefly used in salads, such as white potato salad in which black pepper specks are too conspicuous. So if you want to do the thing right, use black peppers in the pigs' feet and white peppers for the accompanying potato salad, but don't put any kind of pepper in the beer.

PICKLED PIGS' FEET BROILED

Split in half, egg and crumb them, and broil. Eat with lemon juice and cayenne, or with a piquant sauce.

JELLIED PIGS' FEET

Boil feet according to first half of first recipe. Take out bones and cut up meat; strain cooking liquor through cloth, season and spice to taste with cayenne, a few grains powdered cloves, a tablespoon of your favorite condiment, and juice of a lemon. Heat, to blend seasonings, and reduce by boiling if you think necessary; lay meat in a mold, pour liquor over, cool and chill. Unmold on platter and decorate with servings of potato salad laid on lettuce leaves, cut-up dill pickle, red radishes, and slices of pickled beets.

JELLY OF PIGS' FEET AND EARS

Cut up both feet and ears, simmer in water to barely cover, with 1 teaspoon sage, 3 sprigs parsley or of dried herbs, peppercorns, and ¼ teaspoon ground mace, salting while cooking. Take out bones of feet when done, arrange meat in a mold, strain liquid through very fine sieve, pour over meat, cool and chill.

PIGS' EARS

Cut in two, each half being as big as your hand and as white as snow. Grill in a slightly greased frying pan; they will be done in no time. Season and eat with spinach, sauerkraut or cabbage. They may be cooked like pigs' feet, too, or cooked with the feet, slicing the ears when done; and like pigs' feet they may then be either pickled or served hot with their gravy; or they may be allowed to cool, and then egged, crumbed and fried.

SMOTHERED PIGS' TAILS

Slowly brown 1½ pounds of tails in a little fat, with a chopped onion; season with pepper and ¼ teaspoon sage or thyme to each pound of tails. Add 1 cup boiling water, cover closely and simmer very slowly until tender, salting while cooking.

PORK KIDNEY

Split kidney, remove skin and core, cut in ¼ inch slices, season and dredge with flour. Heat 2 tablespoons bacon fat, brown a minced onion in it and a clove of garlic if you wish, then brown the kidney slices. They will make their own gravy, which is better if ¼ cup of strained tomatoes is added.

PORK CHOPS AND APPLES

Trim some of the fat from 4 pork chops, season with salt and pepper, and lay in a baking dish. Cover with thin slices of greening apples; sprinkle with a very little sugar, just to make the apples brown, and dot with butter. Bake in a hot oven until apples begin to get tender, then pour in sufficient cider to make a gravy. Bake another half hour.

FRIED PORK CHOPS WITH SAUERKRAUT

6 chops seasoned with salt and pepper, dredged with flour and fried in hot fat. Parboil 1 pound sauerkraut. Remove chops from frying pan, put in kraut and fry until brown. Serve with chops and mashed potatoes.

STUFFED PORK CHOPS

Make a stuffing of minced ham or left-over meat, bread crumbs and onions, or use any preferred mixture. Pile some of the mixture in center of a thin pork chop, lay another on top, sandwich-wise, press together and fasten well with toothpicks. Fry in butter or bacon fat, or bake in gravy.

SPARERIBS WITH BEANS AND SAUERKRAUT

1 POUND NAVY BEANS
2 POUNDS SPARERIBS
1 QUART SAUERKRAUT
12 PEPPERCORNS
8 SMALL POTATOES
SALT

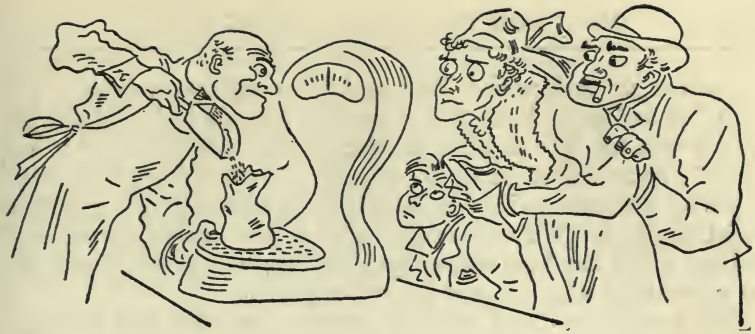
Soak beans over night, parboil and then cook until nearly tender. Or open 2 cans of pork and beans. Mix cut-up spareribs with sauerkraut and peppercorns and simmer in own juices for ½ hour. Stir in the beans, with a little of their liquor, imbed the potatoes in the mixture, and simmer 40 minutes. Taste before potatoes are done and add salt carefully, the amount needed depending on how salty the kraut is. This dish is not worth making unless eight people are to be served.

GRILLED SPARERIBS

Do not cut them up. Rub with garlic, sprinkle well with pepper and lemon juice, and let stand half an hour. Put under medium grill and turn often, seasoning with salt while grilling.

ROAST PORK REHEATED

Fry a large onion in bacon fat or butter. Slice another and boil without covering. Mash both together through a sieve. Heat pork slices in bacon fat or butter, pour onions over and simmer a few minutes, seasoning with a little salt, and pepper to taste.



XI. *Watch Your Weight!*

We're so used to reading articles about reducing, instead of keeping healthily plump, that the phrase "watch your weight" makes us think we're going to be advised not to get fat. But we advise our readers to get as much to eat as they can, and "watch your weight" to us means — be on the lookout against underweight in buying food stuffs, either from stores or pushcarts, though under frantic competition you can hardly blame a pushcarteer for taking any sort of advantage — to keep alive.

The chain stores do not underweigh as much as individual stores, as a rule, yet their managers are charged with the full weight of bulk articles and have to make up the waste in measuring out or pay it from their own pockets. They'd be fired for giving underweight, but in rush hours it's humanly impossible not to spill or lose some of the company's property. So this has to be made up somehow out of careless customers. One thing is sure, the customer must never get a break, in overweight. We got a good laugh recently when a chain store clerk weighed out a pound of biscuits for us. He had an accurate eye and was worried when the last biscuit brought the weight to a canary feather over a pound. He took the biscuit off, but the scale then showed a little under, so what was he to do, with us watching? He broke the biscuit in half and ate the overweight himself.

The other day we ordered a chicken by telephone and it came with a bill for $1.75, the weight marked on the package was 5¾

pounds at 30¢ each pound. That bird felt so light we weighed it and found it had gone down to 3¼ pounds, but we had paid the bill and it was too late to kick, for the butcher would answer it lost the 2½ pounds in dressing. So we said "Never again"; we'll stand right by the scale and try to intimidate the butcher into giving us what we pay for. We've developed a lot of false modesty about such things, which has been encouraged by those who profit by our fear of supervising what we pay for, or bargaining.

So, nowadays, "full weight" usually includes the butcher's thumb, and we had a friend in this business who stuck his scale up high so when he read it at a slant it always showed a few ounces more than it would at a level reading. In that way he added an easy 10% to 20% to his profit.

Buying mushrooms, however, is the trickiest thing of all. In New York we tried half a dozen different dealers and never got more than ¾ of a pound for a full pound. When we were sure of our ground we used to kid these dealers about it and they had only one defense, "Mushrooms are too high in Washington Market. We gotta ask a low price or you won't buy, so to get anything for ourselves we've just got to weigh light." Then they'd toss in a couple of tiny button mushrooms to show their hearts were in the right place, but when we got home our scale still showed the old ¾ pound.

By way of contrast, when we lived in Moscow, grocery clerks who had nothing to fear, would give us exact weight, cutting a last snip of bread to balance the scale precisely at 1 kilo. With nothing to gain or lose in non-profit commerce we got full value — to a kopek.

So now, back home, by way of self protection we keep a reliable spring scale in the kitchen drawer and it's paid for its cost over and over. And the best part of it is, our local dealers know that the scale is there and that's a healthy threat that pays dividends in more food for our money.

Another crafty cheat, which extends to toilet articles and all sorts of human needs, is for the big controllers to steadily enlarge the package and make it flossier, to cover periodical reductions in net weight, but none in price. Even if the fixed price hasn't gone up,

the net contents have been so subtly reduced that soon we're actually paying double the original price without noticing it. And here the profitable fad of reducing comes in. The owners of our staffs of life have taken advantage of this reducing rage to make everything smaller (except the containers), on the theory that the smaller the portion the healthier, or the more they reduce what we get for our money, the better off we are.

XII. *Dishes for Knife, Fork and Spoon*

A false notion of elegance, probably instigated by penurious restaurant owners, has gradually depleted an historic class of fine family dishes until even home versions are often quite useless for either nourishment or enjoyment. Our soups come on the table strained, or with little bits of this and that, chips of carrot, two or three green peas to a plate, infinitesimal crumbs of meat, floating in a weak hot liquid just to give the illusion of what a really good soup might have been made of. Our stews often are served with scarcely enough gravy to moisten a crushed potato, just because magazines for real "ladies" require that gravy must be mixed with solids on the plate in such a manner that it can be gathered up with a fork. Spoons for this purpose are strictly taboo. We must eat daintily and follow the rules, regardless of heartiness and pleasure. Away with the great dishes intimately eaten with knife, fork and spoon — all three.

While European workers and all gypsies and artists enjoy well-balanced meals in one hearty course eaten with any and every kind of table gear at hand, we as a nation have fallen under the spell

of many-course meals with special forks for salad, bread and butter knives and tiny ice cream shovels, just one silly tool after another with which to toy with miniature "courses." So nowadays people who can least afford it will start a dinner, especially if there's company, with half a pound of assorted synthetic sausage from the delicatessen, followed by a thin soup, maybe more costly because it's out of cans, then an entree before the regular meat dish, and always a characterless salad with a dab of bottled mayonnaise, probably made of cottonseed oil, and finally a fancy dessert and coffee. This, naturally, is the most wasteful procedure possible. So we say — a curse on the "course" system. All of those little dabs put together don't make nearly as much of a meal as one big dish well-rounded out with meat, vegetables and the soup or gravy that comes with it, or one big salad, either of them accompanied by good, well-knit bread, not this light-as-chicken-feathers white stuff. Such a simple meal is the cheapest that any family can invest in, even though it actually costs more than any one course of the conventional meal.

For when the real cost of one big satisfying dish is counted, simply by dividing it by the number of eaters, it's sure to be less than any five-course dinner where four-bits has gone for more or less useless appetizers, thirty cents for an insipid salad and another half-dollar for drug store ice cream blown up with a bicycle pump, without counting the main dish, which is all that hunger really hollers for. Such a meal, after counting in the celery, olives, cottony bakery cake, and other bits of conventional swank, comes to anyway fifty cents a head, because a few of the courses, and probably those least appreciated, cost out of all proportion to the substantial ones. So it's hard to say which dish is expensive and which is cheap, because this always depends on the satisfaction the eater gets out of it.

On top of this there's the extra labor and fuss, which is entirely eliminated by a single well-balanced and bounteous dish that has everything and is accompanied by a plenitude of honest bread and one good relish, or one meaty salad and a whole quart of fine ripe olives with plenty of crusty, yet juicy, well-made bread, either of which leaves the diner better satisfied, and certainly at a cost

of less than half the standardized dinner. Indeed, one more-or-less useless course may cost even more than a big all-around hot potful that has everything.

The idiocy of "courses" is well pictured in the story of a cook to the Great Condé who felt so disgraced when a fish failed to come in time to serve it after the soup that he "killed himself with his sword and drew his last breath just as the fish arrived."

Other nations cherish and preserve their soupy stews, considering them worthy to appear on elegant as well as simple tables. Spanish people, no matter where they live, always have the *olla podrida* in the mother land, their *cosidas* in the countries south of us, and that divine *puchero* of the Argentine; the Italians have their multitudinous *minestras;* Russians and Central Europeans eat those grand *borschts* and even more substantial cabbage soups in which slices of meat are couched to satisfy the most ravenous hunger; and the French make a ritual of their *pot au feu.* Any of these, plus a plenteous relish of pickled peppers, onions, radishes, olives, cole slaw, or any salad, for the vitamins, and a light dessert, are all the heart and watering mouth desire. But try to get a knife-fork-and-spoon dish in America, except in a foreign restaurant or home, or in some artist's studio.

Artists are especially adept at the one-dish meal, bringing to its composition their genius for balanced composition, color and invention. It may be only a steaming kettle of spaghetti, but the sauce will be thought out with care and then done with a flair. It will contain all the food elements for health and strength, and with attention undivided among several other saucepans, that one spaghetti pot will be kept boiling just right, will be removed from the heat at the psychological second so it won't cook soggy, will be drained with care and given just the right dousing of cold water, to make it perfect.

A life-loving genius like Brancusi gets as much kudos in Paris for his creative cooking as for his modern sculpture. He assembles whatever he has in the cupboard when guests arrive, and beginning with a deftness worthy of a *cordon bleu,* molds and slaps the ingredients together into an original dish which is said never to be a duplicate of any other he has made. He, like so many other artists,

is a one-dish-is-a-meal cook, and when that dish is done everyone eats of it ecstatically. And because of such creative achievements, cooking in France has been officially recognized as the eighth art. And here is a small gallery of Gallic culinary cornerstones, quite as perfect in their way as the classic sculptures and columns of ancient Greece.

POT AU FEU

Any of the cheaper cuts of beef will serve, but rump and shoulder are the preferred pieces, with a length of marrow bone to give richness. Rump takes the longest cooking, approximately one third more time than brisket, or other cut from the fore quarter of the animal.

For each 2 pounds of beef:

1½ QUARTS COLD WATER
SALT
3 LEEKS
1 ONION
3 CLOVES
2 CARROTS, QUARTERED
¼ PARSNIP (OPTIONAL)
1 SPRIG THYME
1 SPRIG OF PARSLEY
1 BAY LEAF
6–10 PEPPERCORNS

Place meat in cold water over moderate fire and heat 35–40 minutes without allowing it to reach boiling point. Skim every few minutes. Increase heat and add 1 tablespoon salt, which will bring remaining scum to the surface so it can be removed. Cut leeks into finger lengths and wind with thread so they will not fall apart in cooking; pierce onion with cloves and add with remaining ingredients. Skim again when vegetables begin to cook. Reduce heat, cover closely and keep barely at the boiling point until done. The four essential points are: (1) careful skimming; (2) slow even heat; (3) a close-fitting cover that does not allow the aroma to escape; (4) never add more water to the pot while cooking or the flavor will be ruined.

Taste of the pot during the last half-hour of cooking and add additional salt if necessary. Take up meat and vegetables, and keep them hot. Skim fat from soup, strain, and reheat; pour it over sippets of toasted or fried bread. At the French family table the platter of sliced meat and vegetables is passed for each person to choose

what he likes to put into his soup plate, then the solid portions are eaten with knife and fork, and the liquid with a whopping big soup spoon, and the more spoon music the better, though the polite French never go as far as Orientals who belch loudly and smack their lips like firecrackers to show full appreciation of food.

A big enamelware saucepan will turn out a fair *pot au feu*, an iron kettle is better, but the choice of all cooking utensils for this is an earthenware pot set on an asbestos ring to protect it from direct flame. Aluminum is the most unwholesome material in which to prepare any food, especially if it is to be cooked for a long time while chemical action is taking place on the metal.

RAGOUT

A ragout is simply a refined French name for a mulligan or Irish stew made with any kind of meat, cooked or fresh, left-over tidbits of fowl, and always potatoes, with any other vegetables, of course, and one clove of garlic, minced.

A savory way to start a ragout of cooked meat is to get two tablespoons of olive oil smoking hot in a big black kettle. Let it cool for a minute and fry in it the garlic with any minced vegetable or mixture of, say, green peppers, onions, carrots and turnips. Then put in your cooked meat, chopped into handy-sized chunks, cover with boiling water in which a couple of beef cubes have been dissolved, or any broth, add half as much thickly sliced potatoes as meat and simmer until tender, seasoning of course.

If you use fresh meat start the other way around by heating a little fat in the kettle and frying in it a pound or two of beef or mutton, cut in small pieces, add a little water, salt and pepper. Then add plenty of sliced potatoes, onions, carrots, or what you will (a cooked sliced beet is always nice and its blood enriches the color of the ragout), and let everything simmer till tender.

No dish offers a better chance for originality and if you add mushrooms and wine with the cocks' combs we throw away, though the French sell them at dollars a pound, you can have a Millionaire Mulligan, the type called *Ragout à la Financière* on ritzy bills-of-fare.

But ordinarily, the simpler the ragout, the better, and here's a story to illustrate:

COOK'S CHOICE

Professional cooks do simple dishes for themselves which they prefer to the fancy ones they make for their employers. In *Clarisse, or the Old Cook*, we find this illuminating anecdote: The "master," named Brumaque, is dining alone while his cook Sophie is out on an errand: "He starts by filling two of his glasses with *Loka* and White Sicilian and, comfortably seated before a huge table, where, on a snowy cloth river trout, Loire carp *au bleu*, with its caviar, a *pate* of wild duck liver *au grand Tivollier*, a truffle salad, prawns cooked *a la Lorraine*, black grapes, velvety peaches and barberry preserve please the eye, makes ready to eat, when lo! through the crack of the door a most delicious smell steals to his nostrils, making his mouth water.

"Brumaque rises and follows the savory trail, which leads to his own kitchen. O joy! Sophie the cook is absent. With a trembling hand the amateur takes the cover off the saucepan from which escapes the enticing smell and there, ye immortal gods! he sees the dish! It is one of those which an artist makes for herself and never for her master, a ragout of mutton, the ideal golden-brown ragout, with a thick sauce transparent and warm in color, and potatoes that are like living topazes. Trembling, like the thief he is, Brumaque carefully helps himself to the stew and eats, tasting it, relishing it, and devouring it with such gusto that the plate is licked clean, washed, cleaned better than by a dog. But the terrible Sophie returns; furious, with her arms akimbo:

"'So,' she says, 'you have stolen my food!'

"'Well,' says the master, pale and smiling faintly, 'you can have mine.'

"'This time I will let it pass,' says the cook severely, 'but don't let it happen again. I don't eat your nastiness.'"

CASSOULET

1½ PINTS NAVY BEANS
1½ POUNDS LEAN MUTTON
1 ONION SLICED
GOOSE OR BACON FAT
2 GARLIC CLOVES, SLICED
1 TOMATO
1 PIECE BACON RIND
1 POUND LEAN PORK, DICED
¼ POUND SMOKED SAUSAGE
1 SPRIG THYME
1 TABLESPOON MINCED PARSLEY
SALT AND PEPPER

Soak and parboil beans. Cut bones from mutton and simmer to make a broth; and if you have a piece of fowl, a goose or duck carcass, or any other tasty leftover, throw it in with the mutton bones. Start simmering onion in fat, add garlic, then mutton, and let all slowly brown; take out mutton, add tomato to pan and simmer until thick. Place bacon rind in bottom of a wide saucepan or earthenware casserole, add onion mixture, then a few beans and some of the meat; alternate beans and meat, seasoning each layer, until all are used. Pour in the strained juice, cover very closely and simmer for about 3 hours. The French often buy a piece of goose to include with the other meats, but there are only a few foreign butcher shops in our cities which will accommodate their customers by selling portions of poultry. As for the sausage, there is nothing so good to give flavor to soups and stews as that smoked sausage sold for this purpose by Italian and Spanish grocers.

BOUILLI, OR LEFTOVER BOILED BEEF

Beef which had served for soup-making was once considered useless and thrown away by prodigal American housewives, until our chemists discovered that such meats still contain valuable food elements that are not dissolved by boiling. French cooks, however, have always made tasty and nourishing dishes out of the remains of their soup pots, to serve on the following day.

REHEATED SOUP MEAT

(1) Cut meat across the grain in even thin slices. Mince 1 onion, 1 garlic clove, 1 parsley sprig, and 1 anchovy, and mix together. Place half of the mixture in a saucepan with 1 cup of leftover soup and 1 tablespoon of the fat skimmed from soup. Lay the meat slices in the pan and cover with the other half of mixture. Simmer 30 minutes. (2) Brown a sliced onion in 2 tablespoons soup fat, add 1 tablespoon flour, mix well; add 1½ cups leftover soup, 1 tablespoon vinegar, salt and pepper. Boil and stir 5 minutes. Carefully lay thinly sliced meat in pan and simmer 15–20 minutes. (3) Blanch a dozen small onions, drain and brown in a mixture of butter and soup fat; add 1½ cups leftover soup, and thinly sliced

meat. Simmer until onions are done. (4) Brown 1 tablespoon flour in soup fat, add 1½ cups leftover soup and a grated onion; season, stir, and boil 5 minutes. Lay thinly sliced meat in a baking dish, pour gravy over it, sprinkle with crumbs, dot with butter, and brown in oven.

XIII. *Mulligans, Slumgullions, Lobscouses and Burgoos*

MULLIGAN

This American specialty of tramp jungles cannot be reduced to one recipe, for its ingredients depend on what you've got, its mixture on the artistic inspiration of the cook, and the time required for cooking entirely on the hunger of the eaters-to-be.

Here's a sample, however, based on the take of a lucky day:

3 POUNDS OF MEAT SCRAPS
1 BUNCH CARROTS
2 ONIONS, SLICED
½ CABBAGE, SHREDDED
1 POUND POTATOES
SALT AND PEPPER

Start the meat cooking, then add the vegetables, stirring occasionally so the potatoes, which sink to the bottom, won't stick there.

The word Mulligan is American slang which the dictionary says is obscure in origin, but it seems probable that it's the knight of the road's mocking abbreviation of the millionaire's Mulligatawny, a

chicken and curry soup, which is no better than a jungle Mulligan after a successful raid on a hen roost and a farmer's field.

The addition of dumplings makes it equal to any dollar-a-plate stew at the Waldorf. Everything goes into it to make the savor irresistible, especially such sauces as the oil from a can of sardines and the liquid from bottles of pickles and olives.

SLUMGULLION

Jack London's recipe for slumgullion is both simple and appetizing: Fry half a dozen slices of bacon, add fragments of hardtack, then two cups of water and stir briskly over the fire. In a few minutes mix in slices of canned corned beef and season well with pepper and salt.

Although this is a sailor's specialty, it has spread to the army, to hunting and fishing camps and the jungles, where, of course, any stew is called "slum." It can be made of any meat and vegetables available, with hardtack or pilot crackers as a base, and it is usually highly seasoned.

The name was bestowed on this dish centuries ago by British tars, combining the contemptuous "slum," meaning worthless junk, with "gullion," their word for stomach ache. That accurately described their ration of thin stew, only a little better than the boiled seaboot they might have to subsist on if shipwrecked.

But the ingenuity of poverty raised slumgullion from a weak, insipid stew to a rich flavorsome hot pot to which all peasants of the sea and millionaire yachtsmen alike are now addicted. It reaches perfection when boiled up by sailors stranded on the beach, for galley cooks in port look after their own by putting aside tidbits to fill the blackened stewcans which are lowered to them secretively from the wharves all the way from Shanghai to Buenos Aires.

LOBSCOUSE, LOBSCOURSE, OR SCOUSE

Lobscouse is the sailor's stew and a lobscouser is a sailor — so, like the chicken and the egg, it's hard to tell which came first.

This highly nautical stew also is based on sea biscuit, and the proper way to make it is to soak several big round hunks of hardtack in water or milk, using this substantial dough to make a thick

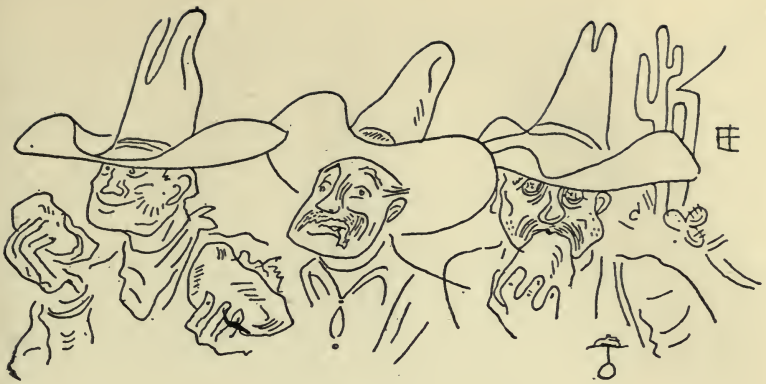
pudding with any kind of meat and vegetables, usually limited to onions, potatoes and/or carrots, especially on shipboard. Sometimes the savory porridge is baked at the finish, but it's always made hot with pepper, and since all A.B.'s have able-bodied appetites as well, it goes down like truffles and ortolans at Delmonico's.

Another recipe: pound hardtack to powder, mix with potatoes and salt beef chopped in cubes and either boil or moisten with water and bake. The dish must be hot with pepper and rich with fat, since "lob" means "a hanging lump of fat." But when there's no meat to put in you call it "bread scouse" and bake it.

BURGOO

Burgoo is the twin of lobscouse, but with oatmeal in place of hardtack. It was brought to our shores by British seamen and became popular at early barbecues and picnics. Now it is the camper's delight. Like all the other manly stews in this salubrious section, burgoo calls for meat and vegetables, but since it's mostly cooked outdoors and on dry land today, the meat usually is game and the vegetables come fresh from some farmer's field when his back is turned. It's made more flavorsome by the addition of wild herbs and greens such as poke salad, parsley, sage and thyme.

Sailors camping ashore jungle-up in any tumbletown shack and manage to club together meats and vegetables that are kettled into thick soups and savory stews which some chefs would have a hard time beating. And any of the above are perfect for barbecues, picnics and organizational get-togethers.



XIV. *Barbecuing Indoors and Out*

Recently the old-fashioned barbecue has been brought right into the kitchen and nothing's more popular than doing meats and fish in what's called barbecue style, although one of those old French buccaneers who brought it to this country centuries ago would hardly recognize it. For instance, modern Barbecued Ham consists of crisping thin slices of cold boiled ham in butter, pushing it to the side of the pan while you heat up 1 teaspoon of mustard and another of sugar in the spluttering butter with two tablespoons of vinegar pepped up with plenty of pepper. You move the crisped ham back into this snappy sauce, let it simmer a couple of minutes and serve on thin slices of bread or crackers.

As for Barbecued Fish, it takes a lot of beating, and any fresh medium-sized fish will do. After it's scaled, cleaned and washed you split it down the back, yank out the back bone and lay it skin side down in a pan which it should nearly fill. Sprinkle on plenty of salt and pepper, dot with a couple tablespoons of butter and brown in a hot oven, basting with the butter that melts. When it's golden brown put the pan over a stove-top flame for five final minutes, remove fish and keep it warm in a hot platter while you toss up an instantaneous barbecue sauce by stirring into the pan-juice of fish and butter a pint of boiling water, salted and pepped up with soy sauce, mustard, chilies or whatever fiery condiments you fancy

with fish, never forgetting a few drops of Tabasco. Let everything boil two minutes while you stir, then pour this sauce over the fish and eat it piping hot.

As for outdoor barbecuing, the revival is on. Up in Hillsboro, New Hampshire, the century-old barbecue oven of President Pierce has been restored on the picturesque banks of the Contoocook River, and down in White Sulphur Springs, West Virginia, the picnic hay rides of 1837, ending in corn roasts around the old barbecue pit, were revived during Old White Week, with hillbilly dance-downs to the tune of "Turkey in the Straw" and "All Bound 'Round with a Woolen String." Out in Michigan a duplicate of President Pierce's whole-ox roaster is doing its historic duty in feeding flocks of holiday makers, and there's no better way to finish a Labor Day parade than to throw a big barbecue.

Like a prairie fire the hungry flames have spread from camp cooking in the ashes to portable grills, charcoal pots and outdoor fireplaces in the back yard, with everybody getting ashes, smoke and cinders in his eyes over pits and spits on one holiday or another, snacking on chickens scented with green apple-wood smoke, picnicking on meats broiled sweet over coals of corncob and walnut bark, everything smacking with grandmother's herbs that have also staged a comeback.

For now we've gone native American, and there's nothing that quite fills the hole of hunger like one of those soul-satisfying barbecue sandwiches that have turned some of the old Robert E. Lee highways into one mouth-watering sign that reads: "Old Style Pit Barbecue with Green Hickory Wood."

The genuine article in this line consists of luscious thin slices of crackling hot roast pork, and pork only, with just enough crisp, mellow fat on it so butter becomes redundant. It has to be generously stacked between slices of good well-knit bread or a split biscuit, piping hot and homemade, we hope, and everything lavishly sluiced with a real barbecue sauce that has pep, zest, what it takes and then some! It should taste "the most more-ish," as Nantucket Islanders say of their chicken chowder "squantum," which is another specialty of our rekindled outdoor fires. Down South, the mingled savor of pork and hickory wood rising from the pit sets the

traveler's nose to twitching half a mile away and starts the old taste buds to blossoming out like sunflowers. And when finally you bite into that Old Style Sandwich it answers back sharply to the caveman appetite that yips and yaps way down deep within the best of us.

With many of us catching our meals on wheels, and hardly able to wait for the next snack counter that's always just around the corner, small wonder that barbecue stands have grown as thick as filling stations, especially as we cross the Mason and Dixon Line. And from there on to the Mexican border the sauce gets hotter and hotter.

This is as it should be, since those little red peppers that serve as the real base of this All-American culinary art are native to Mexico, and all the way down to the State of Tabasco we find dabsters stirring up *salsa de barbacoa*. That's the tastiest stuff we've ever dabbled a crackling brown slab of roast pork in. The recipe should be on the tip of every tongue — just get yourself a flock of limes and squeeze out about half a glass of juice; use lemon, vinegar, white wine or sherry if you must, though the result won't be nearly so *Mejicano* without those limes. But first chop up very fine a discreet amount of garlic with one big onion and cook it tenderly in plenty of butter, anyway a quarter pound. Then toss in your lime juice, with a couple of teaspoons of mustard and of salt, just ahead of two whopping tablespoons of good Texas chili powder, a can of thick tomato soup and half a cup of water. To get that extra foreign savor here's the secret: Crumble a bay leaf with some cumin seed in your palm and sprinkle it in, or try a modicum of sweet marjoram which grows as wild as sage along the border. Let all your ingredients get well acquainted by simmering them together for five minutes, stirring the while, and then you've got the real McCoy in meat spreads.

Of course the best place to enjoy a real longhorn barbecue is down in Texas, where such parties are thrown to celebrate almost anything from a baptism to a by-election. So let us start out the day before the big party with a couple of those lean, pit-hardened experts who pick out the prime fat steer, or steers, in plenty of time and superintend the digging of the fire holes and stacking of good

hardwood handy before the real work begins — at midnight. They try to have everything ready by sundown on the day before so they can catch a few winks before arriving on the job at that witching hour, loaded down with lanterns, pitchforks, shovels, brooms, rakes, plenty of peppers and big bottles full of Worcestershire and Tabasco. And as soon as the pit fires are lighted you can see their silhouettes and shadows weaving like imps around the flames as they heap on the fuel, rake hot coals level, shovel in a little earth here to retard a blaze, pull out a hot stone there, gradually building a smooth, smokeless bed of embers, readying everything for the ravenous crowd that'll arrive around noontime with jaws raring to go.

All in all, a bangup barbecue takes about twenty-four hours preparation and a lot of skill. The seasoned specialists in charge know their stuff as well as a strip tease knows her burleycue, and it's hot stuff, too, for first the juicy beef is soaked all the juicier in fiery *chili-ajo*, the standard marinating bath of a whole State that is as large as all Europe. Then each barbecuer mixes a second sauce for basting the beast, filling wash tubs sloshing full of minced peppers, garlic, herbs, tomatoes, lime juice and sundry condiments, according to formulas handed down within the craft. With this mixture the roasting longhorn is basted for eight solid hours, to give it that unbeatable hunter's style flavor, making tame beef taste as gamy as pioneer buffalo humps, grizzly bear steaks or elk, and Mary's little lamb like Rocky Mountain sheep.

The enormous beef, run through from chin whiskers to tail, or "barbe" to "cue," with a sharp steel spit to hold it securely in place over the glowing pit, is kept turning by dexterous jabs of the pitchfork. A steel spit is the thing; never green wood, for steel is such a perfect conductor of heat that the inside of the meat will be as thoroughly cooked as the outside. The basting is done wholesale by dipping new brooms in the tubs of sauce and swabbing down the sides of meat evenly.

After a first quick searing on all sides to seal the juices in, the slow roasting begins and continues from dawn till high noon, when a triumphant gleam comes into the chief chef's eye as he shoves his rolled shirt sleeves a notch higher and sharpens his carving kit, to

begin the real fancy work just at the moment when the outside crust is spiciest and the inside is cooked through to the bones. Crowds close in to watch the knife-wielding, each expecting to get the choicest tidbit as it's expertly dipped in the hot sauce and slapped onto slabs of yaller bread. In this clash between sharp knives and sharper appetites, corn liquor passes freely and everything's hotsy-totsy. The tang of wood fires and odor of crisping beef whip up gargantuan appetites, especially if the artful barbecuer throws an armful of sage on the dying coals at the finish to accent the whole roast — then the amount of lusty munching such a crowd can do is limited only by the size of its rounding eyes and whether the feast is free or not.

Old-time pit barbecues on Southern plantations are much more ladylike than one that Senator Maverick might throw. They are staged in shady groves equipped with picnic tables on wooden trestles, stretching from one county to the next and carefully covered with starched linen, hallmarked silver (if there's any left in the family), all set forth with pickles, fresh biscuits, jellies, watermelon and cake, besides the whole pigs, lambs and chickens roasted instead of the Texas steer — and with plenty of scuppernong wine punch in place of red-eye.

But in barbecuing we have gone soft, for nowadays it doesn't really matter to most of us whether this unique kind of jamboree is held indoors or out, and compared to the pioneer and frontier feeds a small modern barbecue is a cinch. As a matter of fact, it doesn't take much more time or trouble than spitchcocking an eel or steaming an impromptu clambake on the beach, if not actually in the living-room fireplace.

An indoor barbecue is done right at the kitchen range, either on a spit or in a roasting pan, perhaps in the dining room on one of those spiffy electric rotisseries, even in the lady's parlor over a charcoal grill that shoots its fumes up the fireplace chimney. In fact, such a citified version can be held in a sky-scraper, as was recently demonstrated by Mrs. Helen Angell, who walked off with the $500 prize at the national cooking contest on the strength of barbecuing a leg of lamb in the ultramodern kitchen of a mid-Manhattan hotel.

There's not much of the outdoors left in Mrs. Angell's barbecue

of lamb, of course, except the tang of the sauce; and that's too expensive. But here's how it's done: First rub salt and pepper over the leg and make a few slashes in it so the juice will run, then slap it into a roasting pan and leave the cover off so it can be constantly basted with this lavish sauce — half a bottle each of Worcestershire, A-1 sauce and ketchup, with two tablespoons of butter and half a pound of fat, everything melted together and flavored with sugar, vinegar and a squirt or two from the Tabasco bottle. Then tie a whole sliced onion together with three cloves of garlic in a bit of cheesecloth, drop it into the exciting mixture and begin twirling your basting spoon. At the finish, all pan gravy is poured over the roast, so not a drop of meat essence is wasted. But to cheapen this sauce use soy and ground chilies in place of the more expensive Worcestershire and A-1 to get just as salubrious an effect.

Chicken may be barbecued in the same painless fashion. Just slit a broiler down the back, put it in a well-greased pan and sear it on both sides beneath a blistering fire. Then slow down the fire and when the bird is golden brown try this old Pennsylvania Dutch sauce for a change: Melt half a cup of butter and snap it up with a tablespoon of tomato paste, then toss in a third of a cup of vinegar, a tablespoon of soy, with some onion juice, salt, pepper and paprika, never forgetting those three buds of garlic, which should be taken out before serving to save the sensitive feelings of some who fear they'll get a sprained nose from a passing whiff of it. A paintbrush is excellent for daubing this on, and at the finish you'll have extra-fine dripping in which to dunk sippets of bread and fresh hot biscuit.

Or buy three pounds of round steak and marinate it in a pint of American white wine made all the more intoxicating with a teaspoon of genuine Texas chili powder — that is, all the more intoxicating in flavor, for none of the alcohol is left in the meat after it's cooked. When you add one grated onion and the inevitable clove of garlic you have the *chili-ajo*, that spicy mixture of chilies and garlic in which most meats are drenched in Mexico and along the border. Turn the meat a few times while it's taking the stimulating wine bath, let it stay there a couple of hours; then take it out, dry it off and rub in salt, cayenne pepper and bacon grease. If possible, do the barbecuing over hot coals; if not, under the gas grill.

The whole trick is in marinating, which softens and flavors the meat, and in basting lavishly with sauce of any peppery degree Fahrenheit. Naturally, there is no limit to suitable kinds of flesh, fish and fowl. Game is great in this fashion, especially obese young possum or porcupine, and tame ducks come out almost as tasty as wild ones. If you want a dish that will lay them in the hammocks, try Mexican Duck.

The bigger and tenderer the better, so one fat duck is always a good buy; it costs about one-third less than chicken. Or you might get a better bargain in two small ones, although there'll be more bone to throw away. Whichever you choose, tie bay leaves over their protruding bay windows, dip 'em in a bath made with one cup of water and another of onion juice, chant a line of "California, here we come!" and dump in a whole pint of native sherry to keep the ducks contented. A quarter pound of butter will do to start things spluttering nicely and half that much olive oil, say a wineglassful, to give that foreign smack. Besides salt and black pepper, half a teaspoon of red cayenne goes in and a whole tablespoon of dried marjoram. After sousing the ducks in their natty vests of bay leaf with plenty of this sauce you perch them on the grill and start basting. Turn them often and when they've acquired a regular lifesaver tan just pop 'em into a roasting pan, give 'em a shower bath by dumping on all the liquid that's left; then let 'em sizzle away till you can't wait any longer.

We Browns took up the fragrant trail in Texas some years ago and had the time of our young lives following it through big outdoor frolics called *fiestas campestras* (countryside fetes) and *barbacoas serranas* (hillside barbecues). At most of these roundups the roasting was done on hot stones under the ground, and all the way through Mexico, Guatemala, Panama, Ecuador, Peru, Chile, the Argentine and Brazil we burned tongues and fingers in sampling local styles.

We spent years with South American peons, señores, Indians, hidalgos and padraos, growling over our portions of venison, paca, wild pig and equally porcine armadillos cooked in their shells, with accompanying *papas* (potatoes), *camotes*, *chayotes* and *chuchu*, yams, tropical squashes and fruits roasted to a turn in the embers.

In this way we learned the unbeatable succulence of Bermuda onions roasted all the sweeter in their skins, beets too, with the garden loam still clinging to them, wrapped in leaves and all the outside earth and skin shelled off before eating. A whole rainbow of both bananas and green corn, including green plantain and pink popcorn. All sorts of potatoes, both sweet and Irish, and that tastiest of squash, the small one called acorn and nutmeg after its shape and likewise from its flavor being improved by a sprinkling of nutmeg. And the secret of the success of all these is the same as that with which we are familiar in roasting murphies in their jackets — the outside is instantly and hermetically sealed, so not one salubrious drop of juice can escape.

At a Farmer-Labor get-together in Valparaiso, Chile, we sampled roast sheep tails sizzling with their own fat, drank pomegranate-flavored and -colored *chicha* from gay bull horns swung by broad ribbons around our necks and found out next morning that it leaves your head feeling as though it's been screwed up tight with a Stillson wrench. In Petropolis, the summer capital of Brazil, we built a clay oven of our own, the kind the Italians used to set up on vacant lots in New York's East Side to roast kids, steaming portions of which they wrapped up in fresh hearth bread to supply the early sandwich trade. In this above-ground barbecue we roasted everything from ducks to macuco, the local wild turkey, of which the crackling back strip including Pope's Nose and jewels is the most esteemed cut. Although monkeys chattered on the other side of the ravine and roast monkey delights any Brazilian, we thought the practice too cannibalistic.

XV

Marketing

There are lots of eye openers in the food market reports in financial sections of daily papers, not intended for consumers' eyes but for the middle men and retailers who make money out of our universal need to eat. There are tips on the best buys, what is in the height of the season and coming in so fast that there is too much even to go into cold storage — somebody slipped somewhere and the crop was not kept down to keep the price up. Here is published the illuminating lowdown on everything the housewife buys for her kitchen. It may not seem so interesting at first, because the information is condensed and is hard to remember. But those who profit by the market's ups and downs remember it well enough, you bet, and they are not faced with the problem of stretching the weekly income and keeping a family healthy and happy too. These vital statistics make good reading; it is best to take one food at a time to start, and then with the ranges of that one in mind, branch out and soon you'll find more diversion than in following the funnies. Poultry is especially illuminating. A neighbor of ours, in the only countrified district left within the limits of New York City, had forty hand-petted chickens, hatched this last Spring. all well-fed and of a kind and size most suitable for broiling and frying. She could no longer keep them and sent for a poultry dealer, who offered her 8 cents a pound and went off

in a huff when she would not accept it. Our local butcher was selling similar ones for 30 cents a pound and up. So the woman chicken rancher is now eating her flock, one at a time, trying to forget sentiment and which pet was little Joe and which was Jane.

Chain stores hand out lists of their weekly bargains worth taking advantage of, but in the light of what market reports tell us, the bulk of these bargains will go still lower next week. Most things, of course, are cheaper if bought in quantities instead of singly. But here the real estate promoters who plan our housing space seem to connive with the grocers by not allowing us room to store up food as the lowest prices come along. Any one of us though can find a shelf or so somewhere to fill a little at a time with packages and cans that do not spoil. It is a comfort besides, to feel ready for a sudden emergency, unexpected company, no pay day, or what not.

The United States Bureau of Standards requires that substitute flavorings should be labelled "flavoring" and that only the extracts of real vanilla, almond, lemon, etc. may be labelled "extracts." So we choose the extract rather than the flavoring and get the real thing. There is often little difference in price, and always much difference in taste. As to vanilla, the vanilla bean is vastly superior to any extract of it. For the average family a piece ¾ inch long is sufficient to flavor a pudding, custard, or ice cream. After cooking the piece of bean should be taken out, wiped clean and kept for using again, several times; the last time split it open to allow all the taste to escape.

We listen to the seductive voices of food advertisers as we would to the serpent, knowing that, for all the protection we get from government control of advertising, we can be misled to any extent as to the quality and wholesomeness of those sweet-sounding products. The serpent stings a second time when we pay the price of each unctuous word and pretty picture. And when added up at the end of a year, a heavy price it is, tacked onto every package we open. Wouldn't it be nice if we could spend our yearly contribution to sponsored radio programs and slick magazine pages for more food, or the theater, parties, tropical fish, flowers — any hobby out of which we get real refreshment.

Although thus far we are licked at the start by our own fault, we can still put up a fight by giving moral support to conscientious progressive legislators, and by taking advantage of the little protection they have succeeded in getting for us. Their limited record is on the food and drink labels, usually in the smallest print — the net weight, harmful chemical preservatives, occasionally the exact ingredients — and after a terrific struggle a few products like maple syrup have been forced to admit their adulterations. The label reader can refuse to buy any but the purest and best, even by this meager data given him.

The most-advertised names often do not give the best value. A famous packer, for instance, puts up the most watery fruits and vegetables, the least solid food for the money, a fact not revealed until the can is opened and contents examined. And what a difference between the luscious picture on the outside and the sickly quality within! It is a pleasure to encounter a brand which lives up to its label artist's ideal. After sifting out the trash from the true, a duty we all owe the families which eat from our hands and the public each consumer represents, there is still that question of taste to consider, the most important feature of all quality. It is not always the fanciest looking stuff, raised for size and appearance, that is best flavored. But every member of the family will be keen to vote on this point of taste as soon as the chance is given him.

Meat labels are as deceptive as any. That purple stamp, which resembles a government inspector's, deceives sometimes, and when read turns out to be the butchering establishment's own statement. The housewife who takes an interest in her job of being the spender of hard and uncertain earnings has to be a keen detective, as well. And a $3.00 membership in the Consumers Union will pay dividends, as will purchases from the growing consumers' cooperatives.

XVI

Polenta

PLAIN POLENTA

To 1 quart of boiling water add 1 teaspoon salt, then sprinkle in approximately 1 cup yellow cornmeal so slowly that it does not lump, stirring constantly. Continue to stir until it thickens and finish cooking over reduced heat, stirring often; or set in a double boiler. Cornmeal develops its best flavor thus, by being dropped directly into boiling water. If mixed with a little cold water first, as given in many recipes, just to save the trouble of stirring out any possible lumps, neither the texture nor the taste is as good.

So far, this is the same mush that we usually eat as a breakfast cereal, with milk and sugar. Of course we also let it cool, slice and fry it, and serve it with syrup or gravy. But we seldom mix anything piquant with it, while the French, Spaniards and other Europeans, fix cornmeal mush in a number of delicious ways and eat it almost as commonly as the Italians, who call it Polenta, and with whom it is often the main dish of the evening meal.

POLENTA WITH CHEESE (1)

Lay tablespoons of hot mush in a hot dish, sprinkling each with grated cheese and a dash of cayenne or paprika. Lay more tablespoons of mush on top of these, sprinkle with more cheese until all is used. Then brown under the grill — or eat as is.

POLENTA WITH CHEESE (2)

Make thick corn meal mush by sprinkling ½ pound yellow corn meal, also called Indian meal, a little at a time, into 1½ pints salted boiling water.

Remove 1 tablespoonful of mush at a time and lay it in a baking dish, being careful to preserve the oval spoon shape and keep each separated a little from the others. Sprinkle with grated hard cheese and moisten with butter browned in a pan, but not blackened. Put the dish in a hot oven for about 5 minutes to let the cheese melt in, then serve piping hot in the same dish it's baked in.

POLENTA WITH MEAT GRAVY OR HASH

Make a ring of rather thick cornmeal mush around the rim of a dish and fill center with hash or gravy. Or, lay the mush in a hot dish, a large spoonful at a time, make a little hollow in each spoonful and fill with hash. Build up in layers until all is used, cover with hash or gravy and sprinkle with a little grated cheese. The French do not depend on Parmesan for such dishes, as the Italians do, but save every bit of cheese scraps which are dried somewhat, then grated and kept in a jar until needed.

POLENTA WITH TOMATO SAUCE

Instead of meat gravy or hash in the preceding recipe use a tomato sauce made as follows:

TOMATO SAUCE

3 TABLESPOONS OLIVE OR COOKING OIL
2 ONIONS, CHOPPED
1 GARLIC CLOVE, MINCED
2 TOMATOES, FRESH OR TINNED
1 SPRIG CELERY LEAVES
1 TEASPOON MINCED PARSLEY
⅛ TEASPOON THYME
1 BEEF CUBE
SALT AND PEPPER

Slowly fry onion and garlic in oil until golden; add tomato, parsley and thyme and fry until tomato thickens. Add beef cube dissolved in 1 cup boiling water (or 1 cup meat broth), strain, season and simmer until sauce thickens.

SLICED POLENTA

Slice cold cornmeal mush and lay in a baking dish, covering each slice with grated cheese, gravy, hash or tomato sauce. Build up in layers, cover with grated cheese and dots of butter, and brown under grill or in oven.

PIG'S LIVER POLENTA

1 ONION, CHOPPED
3 TABLESPOONS FAT OR OIL
1 GARLIC CLOVE, MINCED
1 CARROT, CHOPPED (OR GREEN PEPPER, OR CELERY)
SALT AND CAYENNE
1 CUP YELLOW CORNMEAL
½ POUND PORK LIVER

Slowly fry onion in 1 tablespoon of fat, add garlic and fry, then add carrot, or green pepper or a celery stalk, or better still, all three chopped fine, and cook for a couple of minutes. Add fried mixture to 1 quart salted boiling water, and when it bubbles fast sprinkle in the cornmeal; stir and cook until it thickens. Then cover and let simmer while you prepare the liver. Dice the liver, dredge well with flour, and season with cayenne. Heat remaining 2 tablespoons of fat in same frying pan used before, and quickly brown the liver without letting it cook through; sprinkle with salt and add half a cup boiling water in order not to waste the flavors clinging to the pan, turn all into the cornmeal mixture, stir well, and cook another 5 minutes. Eat as is, or better, pour into a greased deep pan and let cool, then slice, dredge with flour and brown in fat or butter.

Hamburger or sausage meat, in fact, any left-over cold meat, may be substituted for pig's liver, but will need to be cooked a little longer.

ITALIAN POLENTA CROQUETTES

Make corn meal mush as above, but stir in a little butter and grated cheese when it's done. Then take this richer mush out in the same way, by tablespoonfuls, but lay it on a surface, such as a slab of marble, and shape into egg-like ovals. Cover each with a thin slice of old Wisconsin cheese, pressing it down so it adheres to the corn meal. Let cool, then dip in beaten egg and bread crumbs and fry in deep fat.

A slab of marble, the kind that used to top bed-room bureaus, can be had for a dime or so in almost any junk shop. It doesn't matter if a corner or two are broken off, and you'll find it very handy for recipes like this which need a cold surface to help hold shapes — also for candy-making.

Old Wisconsin cheese costs up to 20 per cent more than ordinary store cheese, but it has ripened for 3–4 years and lost probably 20 per cent weight in water, at the same time gaining incomparably in flavor. So we consider it a much better buy than green store cheese. Besides, it's much more digestible. For most cooking purposes good old Wisconsin equals imported Holland, cheddar or Swiss. Old New York State cheese is also good, but the milk from which it's made is more likely to be mixed from different sections and states where cows are fed on different foods, while all Wisconsin cheese is made of milk of that State, which produces cheese uniform in flavor and richly mellow when aged.

XVII

Hot Stuff!

The bakers provide the world with so many varieties of bread, and some of them good, that homemade bread is fast joining the extinct dodo. But we are still true to our hot breads, dyspepsia warnings notwithstanding, and only homemade muffins, cornbreads, biscuits and scones can be served piping hot from the oven to pep up a breakfast or a luncheon or, when masked with fruit, a dinner.

QUICK DROP BISCUITS

2 CUPS FLOUR
4 TEASPOONS BAKING POWDER
¾ TEASPOON SALT
2 TABLESPOONS BUTTER
¾ TO 1 CUP MILK

First turn on heat for quick action, then mix and sift dry ingredients 2 or 3 times and work in shortening with finger tips. When it is like coarse meal add milk gradually, mixing with a knife to a soft dough. Dough should be so thick it can hardly be stirred, but not stiff enough to knead; add a little water if more liquid is needed. Drop from tip of spoon into buttered muffin pans and bake 12 to 15 minutes in hot oven (450 F.).

PLAIN BISCUITS

Prepare dough as above and make it just stiff enough to roll out on bread board about ¾ of an inch thick. Shape with a biscuit cut-

ter, place on buttered baking sheet and put into hot oven. In 15 minutes it may be taken out, the most light, fluffy biscuits imaginable. Add ⅓ cup of grated cheese to dough before patting out and you will have, when baked, a savory biscuit that, with a bowl of salad, will make a complete luncheon.

FRUIT SHORTCAKES

With fruit in season, or fruit in cans, a fruit shortcake is a quickly made dessert and a decidedly satisfying finish to a plain dinner. Of course it should never follow a heavy one. Add 2 tablespoons shortening and 1 tablespoon sugar to biscuit recipe and prepare dough. Roll or pat it out into 2 rounds. Spread one with a little soft butter, place the other on top, put in round pan and bake in hot oven (450 F.). When done and while warm, not hot, separate and put previously prepared fruit between layers and on top.

PIONEER PAN DOWDY

Fill a deep buttered baking dish with slices of tart apples, add a very little water, dredge with sugar, add bits of butter and sprinkle with cinnamon or grated nutmeg. Cover with baking powder biscuit crust ½ inch thick and bake 40 minutes in moderately hot oven (375° F.). Invert on platter and serve with cream or any creamy sauce.

It would be hard to find anything tastier or cheaper than this apple dish that put hair on the chest of our pioneers in log cabin days.

The basic recipe for biscuit dough is found in all cook books and most pamphlets. It is repeated at the beginning of this section on hot, toothsome stuff because of the many truly cheap and toothsome dishes it will father, and the more important fact that any amateur can make them.

PLAIN MUFFINS

¼ CUP SHORTENING
¼ CUP SUGAR
1 EGG, WELL BEATEN
½ TEASPOON SALT
4 TEASPOONS BAKING POWDER
2 CUPS FLOUR
⅞ CUP MILK

Cream shortening and sugar and add beaten egg. Mix and sift dry ingredients and add, alternately with milk, to first mixture. Drop in greased muffin pans and bake 30 minutes in hot oven (400°F.).

Huckleberries, blueberries or blackberries are fine for baking in a muffin batter. Fill greased muffin pans ⅔ full of alternate layers of berries and batter, putting in a spoon of batter first. Bake like plain muffins.

QUICK GRAHAM MUFFINS

1 CUP FLOUR
1 CUP GRAHAM FLOUR
4 TABLESPOONS BAKING POWDER
½ TEASPOON SALT
2 TABLESPOONS BUTTER
¾ CUP MILK

Sift dry ingredients together, returning the bran removed by sifting. Work in butter and stir in milk quickly. Drop by spoonfuls in greased muffin pans and bake 25 minutes in hot oven (400° F.).

CORN MUFFINS

½ CUP CORNMEAL
½ CUP FLOUR
2 TEASPOONS BAKING POWDER
½ TEASPOON SALT
2 TEASPOONS SUGAR
½ CUP MILK (ABOUT)
1 EGG

Grease muffin pans, leaving a teaspoon of melted lard in one. Mix together dry ingredients and add milk to make a thick batter. Then break in egg and beat 3 minutes (without cheating). Pour grease from muffin pan into mixture, stir quickly and fill pans nearly full. Bake 15 minutes in hot oven (450° F.).

CORN PONE

Sift 1 quart of corn meal with 1 teaspoon salt and add enough cold water to work it into a soft dough. Heat in a baking pan and sprinkle with bran sifted from meal. Mold dough into oblong cakes an inch thick at ends, a little thicker at middle, and put in pan, pressing so finger marks show. Bake 20 minutes in hot oven. Save up butter to pile on these and drizzle with honey.

ENGLISH SCONES

1 CUP FLOUR
1 TEASPOON BAKING POWDER
¼ TEASPOON SALT
1 TABLESPOON BROWN SUGAR
1 TABLESPOON GRATED ORANGE PEEL
3 TABLESPOONS BUTTER
¼ CUP CURRANTS
⅓ CUP MILK

Sift together flour, salt, baking powder and sugar; add peel and work in butter with finger tips or knife, add currants and mix quickly as possible to a soft dough with milk. Pat into sheet on floured board, cut in small triangles and lay on buttered baking sheet. Bake 12 minutes in moderately hot oven (375° F.).

Men leave home for food like this, but you won't have to, now that you've got the recipe. If the wife's too rushed, make some scones yourself, anyway on Sunday. And try them with a pot of tea, for that's what they're made to go with.

BRAN MUFFINS

3 TABLESPOONS SHORTENING
1 TABLESPOON SUGAR
1 EGG, WELL BEATEN
⅞ CUP MILK
1 CUP BRAN
1 CUP WHOLE WHEAT FLOUR
1 TEASPOON SALT
1 TABLESPOON BAKING POWDER

Mix together dry ingredients. Add milk to beaten egg and stir into dry mixture, beat well and add melted shortening. Turn into buttered muffin pans and bake 20 to 25 minutes in moderately hot oven (375° F.).

Bran may not be as good for you as the blowers-up of cheap cereals to sell us at fancy prices say — and doctors tell us it's dangerous in systems that can't stand any more roughage than they already get. But it does make a mighty tasty muffin. So if you can take it, and can still find at a fair price this stuff they used to feed the cows, by all means try the above recipe.

Life gets mighty dull on rations of the same cottony white bread every day, so if you've got the time to make hot breads such as this you'll find the family whooping with pleasure; for freshly cooked grains are hot stuff for a change. And if you haven't much time before breakfast buy them from the baker and at the same time get some good juicy rye bread, oatmeal, whole wheat, or anything more

real and chewy than that chalky white loaf which only fattens the big baking companies. And don't buy bread already sliced. It may taste as good as the kind you cut yourself, but you're sure to waste some of it, and that's the manufacturer's intention. He cuts it thick so you'll either eat more than you want or leave some uneaten to be thrown away, and when it comes to those end crusts he's clever as the devil; they're cut too thin to make toast and too thick to nibble unless you're a crust-hound, so the result nine times out of ten is that these leathery little heels, which comprise anyway 1/10 of the weight of the loaf, are thrown away. At a dime a loaf that's 10% gone — to excess profits, and bakery dividends.

We always save these heels, dry them crisp at any time when the oven is cooling, roll them fine and store them in a jar which is dipped into many times a day. Cookbook recipes for stuffings say to cut off crusts of bread, because, perhaps, it is usually so fresh that the crusts are tough. If properly dried this is an unnecessary waste, for the crusts crush to crumbs and lend a nutty toasty flavor which improves a dressing and helps it to fulfill its purpose of enriching the taste of any food it goes into.

Whole wheat, cracked wheat, and oatmeal breads make more appetizing stuffings that plain white, and a mixture of several is better still, while way-down-South corn bread is so prized for dressings that cooks bake up a specially big batch of it and let it grow stale when a turkey or something special is to be roasted.

So many crumbs are used in France that bakers supply them at a very cheap price by weight, thus marketing their leftover loaves, crusts and all, just as our biscuit companies furnish us with packages of cracker crumbs much cheaper than we can make them from whole crackers.

So precious is stale bread in the kitchen that not a slice should ever be wasted. Broken bits thrown into the soup pot are the best sort of thickening. Sifted crumbs are more tasty than flour for gravies; they make grilled and fried dishes delicious, form tempting crisp tops of baked ones, and furnish the base of a dozen wholesome economical puddings, of bread omelet, bread and butter fritters, special bread soup, bread sauces, and even bread ice cream. And toasts of any sort give a family the feeling that they are eat-

ing at a luxury table, especially if creamed vegetables or gravied hashes are poured over while the toast is still hot and crunchy.

CINNAMON TOAST

Cut crusts from sliced stale white bread and save for other uses. Toast on one side. Brush other side with melted butter, sprinkle with a mixture of cinnamon and sugar, and brown under broiler.

ORANGE TOAST

Cut stale bread in slices about 1 inch thick. Remove crusts, then cut in three pieces crosswise. Toast on one side. Brush other side with melted butter and sprinkle with a mixture of half cup of sugar blended with one-quarter cup of grated orange rind and two tablespoons orange juice. Toast under the grill just long enough for bubbles to rise.

COCOANUT TOAST

Cut bread slices into fingers 2 inches long and ¾ inch wide; cover all sides with evaporated or condensed milk; roll in dry shredded cocoanut which has been crumbled between the hands. Set in a greased pan and delicately brown on all sides in the oven, or toast on a fork over coals.

FRENCH TOAST

If bread is very dry dip first in sweetened milk, flavored or not with vanilla, then dip each slice in beaten egg, and fry in butter, delicately browning both sides.

If bread is not so stale make a batter of 1 egg beaten with ½ cup of milk and ¼ teaspoon salt, sweetening it if you prefer. Dip both sides of slices in the mixture and fry. Serve very hot.

Sweetened French toast, eaten with syrup, jelly, jam or marmalade, or with powdered sugar and sprinkling of lemon juice, is an appetizing breakfast dish. Or it makes an equally good dessert with any sweet pudding sauce. Left unsweetened, it can be fried in bacon fat and served with meat gravy or hash.

FRUIT FRENCH TOAST

Lay a drained slice of tinned pineapple, or a pear or peach half, on French toast, sprinkle generously with sugar and brown in oven or under grill. Cinnamon bread or rolls make good French toast, especially when topped with slices of fried apple or with applesauce.

THE CLUB SANDWICH

A lettuce leaf spread with salad dressing, a slice of fried bacon and two slices of toast to lay them between is the beginning of any club sandwich. Then let imagination and leftovers run riot to build it as high as hunger demands, even to three decks of toast. It may include a tomato slice, a bit of potato or cucumber salad, chopped celery, cut-up olives, pickles, nuts, slices of hard-cooked egg, a slice of leftover cold meat. It may be composed of cold fish, sardines or canned salmon, and the things that go with these. In any case, a club sandwich is always a refuge for a flurried woman when some member of the family needs a tempting meal in a hurry.

CROUTONS AND BREAD CUPS

For croutons cut stale bread into ¾-inch cubes. For bread cups cut into 2½ inch cubes and hollow out a cup in each one. Fry in plenty of fat, hot enough to brown them at once. Drain well on layers of absorbent paper. Serve croutons with soup, and use the cups like patty shells, to fill with any little delicacy in cream sauce or gravy.

PLAIN WHEAT BREAKFAST FOOD

WHOLE WHEAT GRAIN SUGAR MILK

Take a small quantity of wheat grain just as it's produced by the farmer, remember that it swells in cooking, and parboil it for 5 minutes to keep it from fermenting. Let it stand in the water for 24 hours, then add milk to make a breakfast cereal of good consistency and cook it for ½ hour, without letting the milk come to a boil.

Serve with cold milk or cream and sugar, just like any other breakfast food.

This dish costs little more than the milk and sugar that's put on

it at the finish, for you can buy a bushel of wheat for about $1.25 from the farmer or a consumers' co-op, enough to make more than 1,000 generous dishes, at a cost of about 1 mill apiece.

Many a wise farmer has figured out that his bushel of wheat, which weighs 60 pounds and may bring him anything from 50¢ to $1.50, is blown up or rolled out into "whole wheat breakfast food" retailed in fancy boxes at around 15¢ for 6 ounces, or say $250.00 a bushel. This is a small profit ranging from 8,000% to 25,000%, depending on the price paid to the farmer. So he takes his wheat whole in the above fashion and gets a superior breakfast food besides, for nothing can equal the rich nutty flavor of wheat grains stewed slowly in milk.

This flavor, of course, can be enriched by sprinkling on cinnamon sugar, or melting a little butter instead of milk or cream in the individual cereal dish, and a handful of currants or raisins makes it almost a plum pudding.

FROM-POVERTY-TO-RICHES PANCAKES

The cheapest and at the same time the best honest-to-goodness pancake we know was described in a newspaper by a Nebraskan woman, as follows:

My invalid husband and I were compelled to spend the summer in the mountains one year. Our funds were low and I knew that something must be done at once. But what? Finally I thought of this way out of my difficulty. I need only to say that some days I made as high as four dollars for you to know how successfully my plan turned out.

I noticed that many hunters and fishermen passed our way, so I hung out a sign with "Hot Coffee and Pancakes — 25 cents" on it. I made good strong coffee, serving only sugar with it. Only syrup was served with the pancakes, which I made by the following recipe, which is excellent and inexpensive:

One pint of flour; one pinch of salt; one heaping teaspoonful of baking powder; one heaping tablespoonful of sugar. Mix thoroughly dry. Add warm — not hot — water till the batter is thick as heavy cream and beat well. Pour in size of pancake wanted on a smoking-hot griddle. Never spread this batter with a spoon.

After trying this, there's no need blowing money on prepared pancake flours any more.

WHOLE WHEAT PANCAKES

GROUND WHEAT GRAINS
I EGG
SALT
I TABLESPOON SUGAR
I PINT SOUR MILK
I TEASPOON SODA

Grind whole wheat grains fine in a hand grist mill or coffee mill. Beat the egg, season with salt and sugar. Dissolve soda in sour milk and whip everything together with the wheat to make a batter of good consistency. Grease the griddle well and bake a rich brown.

For $2.50 you can get a small grist mill suitable to make fine meal out of whole grains of wheat, rye or corn. It should pay for itself in a few months. And a common coffee mill will do the job, too. In this way you have not only fresh pancake makings but at a cost which is only a fraction of prepared pancake mixtures.

CHINESE NOODLES

2 EGGS
FLOUR
SALT
½ BEEF CUBE, DISSOLVED

Beat eggs, salt them and stir in as much flour as the eggs will take, moistening with the beef stock dissolved in only a tablespoon of warm water. Knead with fingers till you have a smooth, soft dough, adding flour until the right texture. Roll out very thin and let stand 5 minutes. Then roll with care into a long thin rod and slice the whole roll very thin, to make succulent strips, or noodles.

If you happen to live near Chinatown or even a Chinese restaurant it is just about as cheap to buy the noodles damp and fresh from experts in this line who make them in all colors, of all sorts of appetizing flours and oriental flavors. We buy fresh noodles from a maker on Mott Street in New York for 10¢ a pound and they go a whole lot farther than a loaf of bread at 10% higher cost, and also taste better than the dry, packaged commercial noodles.

There is no end to the number of cheap and quick dishes you can make with Chinese noodles. Here are a few:

CHOW MEIN OR FRIED NOODLES

FRESH CHINESE NOODLES
OLIVE OR PEANUT OIL

Use only freshly made noodles and good oil, at least an inch

deep in the pan and smoking hot. Flatten out noodles in bottom of pan and fry slowly until golden, then turn with pancake turner and fry the other side; 10–15 minutes are required. Remove noodles, drain the oil and save for future frying.

Though chow mein is the standard side-kick of chop suey, it's just as crisply palatable as French fried potatoes with any meat or stew.

YAT GO MEIN

(Makes 6 bowls)

1 POUND FRESH CHINESE NOODLES
3 PINTS BROTH, BEEF, MUTTON OR CHICKEN
3 HARD-COOKED EGGS
½ POUND CHINESE CURED PORK, OR OTHER BITS OF MEAT, ESPECIALLY CHICKEN, IN SHREDS
SOY SAUCE

Boil noodles in salted water, drain and put in bowls, cover with hot broth and garnish each with ½ hard-cooked egg, several shreds of pork and chicken or other meat tidbits. Serve the soy sauce in a cruet or bottle for each person to season to suit himself.

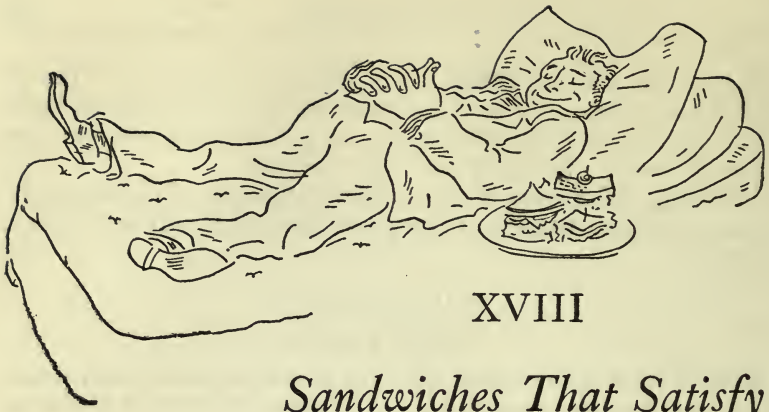
The Chinese use both cured pork and breast of chicken, but if these are not available, scraps of dried beef, corned beef or other cold meats are good. Fine broth can also be made from beef or chicken cubes, especially the Herb-Ox brand which have savory bits of greens in them.

Soy sauce, made of salt and soy beans, is the base of Worcestershire and other expensive table sauces. It costs about one-third and goes a whole lot farther, since it's undiluted. There's no better buy in condiments and any Chinese store will send soy, thick or thin, by mail, if you're not near enough to go and get it. The thin kind suits our taste best and in spite of its name is thicker than most occidental sauces.

GO MEIN GANG

This is a more elaborate Mein that calls for chicken broth, sliced mushrooms and bean sprouts in place of the egg.

Make it the same as Yat Go Mein and dress it up with bits of smoked pork and chicken.



XVIII

Sandwiches That Satisfy

CANNIBAL SANDWICH

ROUND STEAK, FRESH AND FINE
ONION, MINCED

RYE BREAD, CUT THICK AND WELL BUTTERED
SALT AND PEPPER
PARSLEY, CRESS OR WATER CRESS, MINCED

Scrape the best bit of round or tenderloin you can get, to free it from all sinew. Don't chop it or run it through a grinder, but scrape it carefully with the point of a tablespoon. Season well with salt and pepper and add a squeeze of lemon if you like. Spread thickly on buttered rye and pile the minced onion and parsley in little heaps hard by, for mixing into the meat according to taste or taking alternate bites of these indispensable relishes.

This red-faced, open-faced, raw meat sandwich is made attractive by cross-hatching the top with the back of a knife blade or otherwise dappling it into a decorative pattern, as a butler would fix up a pat of butter fancy enough for a DuPont, or a stableboy would curry the flanks of Mrs. Astor's horse.

A pleasing addition is an egg yolk, either stirred into the meat to make it juicier, or perched whole on top of it, like a jockey, for the eater to mix in to suit himself.

Since all professional cooks at some time or another sicken at the sight of any cooked dish, just as candy-makers choke on candy, Cannibal Sandwiches are a godsend to them. They'll turn down

fancy food frills *a la financiere* and go for the uncooked Hamburgers. For that's exactly what these are; and there's nothing simpler or easier to digest in the way of meat.

HEARTH-BREAD SPREADS

The best white sandwich bread we know is the wholesome, well-knit Italian loaf, sold cheaper than ordinary cottony white bread in any "Little Italy." It's the type known as "hearth" bread, very solid and crusty, has more weight to it, is better baked and guaranteed to stick to your ribs. For a pleasant change butter it with olive oil, or the olive oil from a can of sardines, anchovies or antipasto, but make sure it's not cottonseed oil. And for many people chicken fat is much finer than the best butter you can buy. The oil from honestly made peanut butter or plain peanut oil also makes a snappy spread.

A sandwich that's a well-balanced meal in itself is:

CHEESE AND GARLIC

Buy some good old Wisconsin cheese. It costs 20% more than the green, rubbery store cheese, but then, it's lost at least that much water in standing several years, so you're getting probably more cheese for your money and the flavor, of course, is incomparable. Peel all the cloves of three or four heads of good garlic, the younger and fresher the better, and fry them in a very little olive oil until they're soft and gelatinous. Push them to one side of the pan to keep warm while you melt a couple of good slices of your old cheese in the pan and when it's bubbling and creamy pour everything, garlic, cheese and oil over a big thick slab of hearth bread. Butter, of course, is unnecessary with this rich miniature meal.

POOR BOY SANDWICH

In spite of its partonizing name this is a good handout. It's a New Orleans specialty that has now spread to barbecue stands all over the South. Just get yourself a long, narrow "flute" of French bread, slice it lengthwise and fill it with an assortment of three or four different things, in sections that can be cut off separately, a hot dog with sauerkraut fills one-third, a fried egg the next and

perhaps a luscious slab of liver and bacon completes this three course meal. You can vary the fillings, with whatever you've got on hand, and there's nothing that fills the lunch box quite so handily, but it must be a long lunch box, more like a piccolo case.

UNUSUAL SANDWICHES

During the revolution in Mexico we ate cactus sandwiches and liked them — because there wasn't anything else. In France, we had horsemeat sandwiches which likewise came into fashion through war, but the flesh was a little too sweet, although we were assured that the plug was from our own middle west which supplies much of the horsemeat that Europe eats because it's cheap, tasty, and as nourishing as beef. But we 100%-ers won't eat any animal we can pet — and that goes for goat, which makes the most popular sandwich in all Mexico. Along the Mex-Tex border tamales and enchilladas wrapped in crisp tortillas take the place of sandwiches and we learned to dress a hot dog Panhandle style by splitting it open and pouring red hot chili the full length, to make a real smoldering Chile Con Carne Sandwich.

In Chinatown you can get a Smoked Duck Sandwich with ambrosial "duck sauce," or make a Bean Sprout and Soy Sandwich at home by covering the bread with crisp bean sprouts (the fresh are better than the canned, and cheaper) sprinkled with soy sauce.

STINGER SANDWICHES

Plain German style mustard, just spread fairly thick on bread makes a peppy open-faced sandwich, and the same holds good for pickled horseradish, catsup, chili sauce or any mixture of these stingaree spreads, on thick, juicy, black or rye bread — of course, with or without butter and a cooling lettuce leaf. Beer is the best accompanying cooling agent.

RED CAVIAR CANAPES

One of the cheapest imported delicacies we know is the red salmon caviar that's sold in foreign sections for less per pound than butter. Stamp out some rounds of pumpernickel with the top of a can and just roll the big red fish pearls on, using a wooden spoon,

to avoid crushing them. Some spread the bread with butter, but we like it plain, in Soviet style, for the caviar is rich enough. Pressed caviar is the cheapest of the black sturgeon kind, but it hasn't the juicy snap of the bargain-priced red.

BARBECUED BULLFROG SANDWICH

Parboil fresh froglegs 20 minutes (or use cooked canned frog meat without parboiling), then broil over hot coals, basting with a little butter. Shred the meat, clap it between hot buttered sides of a bun and sluice with a good barbecue sauce, plenty hot with Tabasco and garlic.

CURRIED GAME SANDWICH

Use any chopped, cooked game such as rabbit or prairie chicken, the quantity of it doubled, if necessary, by adding an equal amount of chopped veal. Use 2 parts of game, or game and tame, combined with a little ham and 2 or 3 anchovies. Run through grinder, season well with hot curry, heat in butter with a little lemon juice or vinegar. Spread thick on buttered toast and grate hard cheese over.

Pulverized dill flowers might take the place of the powdered cheese. This is an expensive sandwich unless you shoot your own game, although rabbit is cheap in its season.

MOUNTAIN OYSTER SANDWICHES

1 PAIR LAMB FRIES
CORNMEAL
SALT
BUTTER
2–3 DROPS TABASCO
LEMON JUICE
NUTMEG
2 BUTTERED TOASTS

Skin, wash and parboil the fries, drain, slit lengthwise into two ovals that resemble oysters, roll in fine yellow cornmeal and fry golden brown. Place flat-side down on buttered toast, sprinkle with lemon juice, nutmeg and Tabasco.

ENGLISH ARISTOCRAT STYLE: The English call mountain oysters "lamb's stones" or, more modestly, "lamb's secrets." They roll them in flour, with an equal number of sea oysters and pieces of sweetbreads frying the sweetbreads and secrets first and adding oysters when half done. After putting them to bed on buttered

toast, they cover the secrets and everything with a highly-seasoned sauce of asparagus tips, chopped chives, sherry, egg, nutmeg and meat gravy, to make a costly sandwich that's got nothing on our Western:

SHEEPHERDER'S MOUNTAIN OYSTER

At gelding time, on the western range, sheepherders carry along sourdough, bacon and seasonings. They make biscuits, broil bacon, throw the mountain oysters whole into the campfire and roast them like potatoes. When done, they dust off the ashes, clap the meat between bacon dripping sourdough biscuits and drench with pepper sauce and catsup.

Lamb fries have no waste and are great value in meat, for usually they're sold cheap because the squeamish are afraid to buy them or to ask the butcher, "Otto, how are your lamb fries today?"

This sheepherder's special might be called an occupational sandwich and among others peculiar to their craft are:

EPSOM DOWNS' BOOKMAKER'S SPECIAL

A chopped mixed grill of meats and giblets such as liver, heart, and kidneys, with plenty of mustard, between slabs of bread. This has been the classic snack of British bookies ever since the Epsom Downs track was laid, for they, like workers in more honest and creative jobs, have to have something substantial to munch on without taking time off for a sit-down meal.

LINOTYPER'S LEADEN BULLETS

In South America, where linotypes and monotypes haven't been in common use long enough for operators to really fear lead-poisoning, the molten metal box is often used as a sandwich heater until the operator is suddenly stricken with strange shooting pains and is carted off to hospital or cemetery.

"MAGGIE AND JIGGS" SANDWICH

"Spread white bread with horseradish butter and cover with thinly sliced corned beef, top with slice of brown bread and a lettuce leaf. Serve with a side of hot buttered cabbage."

This good Irish number is quoted from a workmanlike cookbook called *Salads and Sandwiches* by Emory Hawcock, who runs Hawcock's Cafe in Monmouth, Illinois.

And another from the same excellent MidWest source book is:

"HOG IN THE WHEAT" SANDWICH

Pat a thin casing of biscuit dough around franks, weenies, or any link sausages, brush with egg wash and bake. For link sausages, serve on lettuce with a paper cup of chutney or chili sauce; the frankfurter itself barks for chow chow or mustard.

And this sealed sandwich is only an Americanization of

RUSSIAN PIROSHKIS

Fine biscuit dough for making rolls is stuffed with forcemeat, caviar, chopped eggs, all different sorts of piquant fillings, and the rolls baked as usual. When you eat them hot you're always pleasantly surprised with the cooked-in savory stuffings. They're like gigantic raviolis.

XIX

Damn that Delicatessen Habit!

At the beginning of this century delicatessen stores were so new and exciting to this country that the imported word was used playfully by our native elite: "Would that be the delicatessen thing to do?" "Let's go delicatessening" — like our present English importation "Let's go pub-crawling." Delicatessens then were smart city shops which supplied Westphalian hams, the raw sausage of Arles, anchovies chasing their tails in olive oil, caviar and such, all the juicy black breads and spicy black puddings that our leisure class had learned to love on trips abroad. Although some of these foreign specialties were plebeian enough abroad, they were much too good for the common people here after duty had been paid.

We remember Percival's French delicatessen on Sixth Avenue just above Eighth Street, in New York, where Ugobono's is now. And the only way we could beat Percival's price for imported

camembert was when he had too many cheeses ripening all at once — he was the original importer of the excellent Torre Eifel Brand and shipped it to delicatessens all over the U. S. Then he had to sell them out three for a quarter, nice, round, ripe wooden boxes velvety with the cream of cheeses that we've never been able to imitate. But look at the thing now! The delicatessens are full of sloppy American-made atrocities that sell in bad condition for as much as the genuine camembert used to bring. And American Roquefort should be a national scandal. The women's magazines taught us that Roquefort was the smart thing, especially when mashed with butter for a spread, and the original imported wasn't so bad, but now it looks as though the French are sending us chips off the chalk cliffs of Dover and we're actually paying as high as $2.00 a pound for the stuff when we buy it in ten and fifteen cent doses at the delicatessen. And not only that, but an incredibly bad domestic imitation is palmed off by delicatessen dealers who know their public will stand for anything — even processed cheeses.

The delicatessen habit has grown upon us so subtly that many weary laborers returning home on payday, too worn-out to think of cooking, stop in at the nearest delicatessen and blow a day or two's pay for bologna that's got less meat than a gnawed drumstick and is likely to blow up the stomach like a balloon; on synthetic liverwurst, too, that goes green even in the icebox and is apt to cost a visit to the doctor; on processed cheese pastes that resemble cheese about as much as Big Bill Thompson resembled King George, and half a dozen bottles of beer with halitosis caused by its greenness and the rice its made of instead of slower maturing grain, and sold at a fixed price of 3 for two-bits plus deposits on bottles we've been taught it's almost shameful to return.

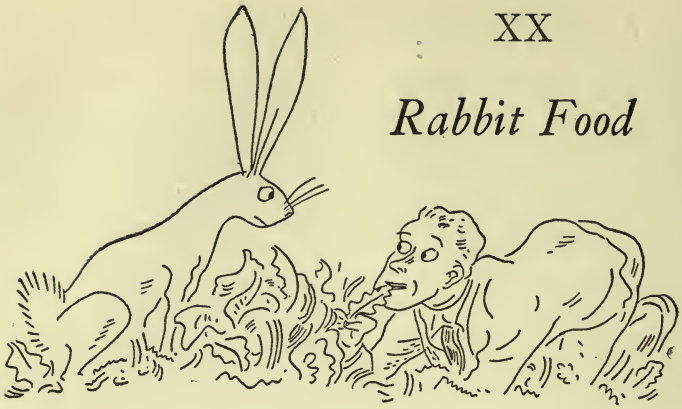
So, many hurried city workers are as much in the clutch of the delicatessen habit as they are in the hands of the druggist who sells them a lousy ham sandwich for 15¢ at noon, with just a trace of ham paste blown on, and then a watery drink for a dime. Our human need for lunching has been turned into a swell way to produce drug-chain dividends out of foodless food, but with the small independent delicatessen keeper it's different, for he's as

much in the grabbing hands of the makers of fake foods as we are in his.

True, there are some fine American products for his store, excellent Cincinnati sausage and Milwaukee liverwurst that can compare with the imported original, but in order to live at all, the delicatessen man usually has to sell bad fakes. If you pin him down as to the origin of that sausage called "Cincinnati" in the trade and sold for 49¢ a pound solely on the honest reputation it has earned in Ohio, he'll have to admit that his is made in some local slum slaughterhouse in New York, Chicago, almost anywhere, out of whatever's left over, plus a whole lot of cornmeal mush or maybe sawdust, and has never been within 500 miles of its supposed original habitat in Cincinnati.

Delicatessens have become the kind of necessary luxury we can't live with, yet can't live without. So all we can suggest is to pass up the 100% American ones and find some honest dealer who still handles imported goods or the best substitutes made by compatriots in America, including, of course, all the really good maple sugar, succotash and all-American products. Such a store is a convenience and is most often found in a foreign workers' quarter; in an Italian one you can get fresh-baked hearth breads that your teeth sink into with a contented sigh, spicy hot homemade sausage, bulk anchovies, swell cheeses, Mortadello, all sorts of succulent things imported in big barrels and tins and sold in most cases for less than the standardized wooden-nutmeg imitation. In a Greek delicatessen you can buy calamatas, those slender, long olives that taste better than any others we know, for as little as 35¢ a pound, and a virgin olive oil which comes out as cheap or cheaper than butter, if you get a gallon can. There are even imported grapevine leaves for wrapping around meat melanges to give that sapid oriental savor and for a nickel you can buy enough of them to liven up several meals, or you can pick and pickle them yourself if the right kind grows in your neighborhood, for this wrapping leaf must be bluish on the underside. A real Danish pastry shop is a gold mine compared to a typical bakery chain and a freshly stuffed dill pickle is something, when you get it made in true Austrian style; the stores of Chinatown sell smoked pork and duck, honest noodles, soy

sauce, bean sprouts and superior foods which you can't match for twice the money in one of those typical snack shops that keep alive by staying open to catch you when you come home at midnight with a big appetite and maybe a little overtime pay to blow on bologna, beer, and biscuits, getting the resultant bellyache and hangover absolutely free.



XX

Rabbit Food

FOR VITAMINS AND BODY-BUILDING MINERALS

Immigrant truck farmers, especially Italians, have enriched our fresh vegetable scope enormously with such things as anise, artichokes, spaghetti, squash and broccoli. And the Chinese have given us bean sprouts, easy to grow in a big flat pan in the kitchen, and Chinese cabbage. Such domesticated importations, added to our own indigenous potatoes, tomatoes, and pumpkins, grown from coast to coast and climate to climate give us a swell assortment at what should be fair prices the year around. In any case there's always something in season produced and shipped in quantities big enough to make a good buy, if the price isn't held too high by market racketeers and middlemen.

When we had a room down near the market in New Orleans we never paid anything for either ice or head lettuce because the Negro boy who did odd jobs for us used to pick both up free around the cars loading up for the North. For Louisiana lettuce in season is almost worthless, except by the crate. Likewise our market boy brought us bananas from the fruit docks, where the ripe ones are cut out of the green bunches and thrown away, since one ripe banana will spoil a whole green bunch, just as a rotten apple will ruin the entire barrel. Although this is off the subject, it was in our New Orleans Creole-quarter room where we first tasted the chitterlings of kid as prepared by the Italians downstairs, and these

were much more delicate and nicer in fragrance and taste than calf chitterlings. Likewise we supped absolutely free on luscious oyster crabs for which millionaires have to pay $5.00 a quart. These were smuggled out and brought home by underpaid oyster openers who lived in the next room.

But to get back to vegetables: buy in big city markets and direct from the truckers if you can. In wholesale auctions of food-stuffs two sets of books are sometimes kept, and the one jeeringly called "The Farmer's Book" shows prices paid to him that often are below the cost of production. In retail markets, the best bargains are late Saturday night or before holidays when perishable foods can't be kept over; not that we wish the marketmen any bad luck or expect that everybody will wait till the last minute for the price to come down, but just to point out that since most of us have got to buy cheap or starve, the time and place for marketing must be carefully considered. The early bird gets the pick of the market, but has to pay a high price for it. Likewise, usually it's foolish to make journeys into the country to buy from farm stands, since nowadays most of these are supplied from the city wholesale market and you pay the middleman's profit just the same. But the best way to buy at a fair price is to organize and boycott, as east-side Jewish women fight the rising cost of kosher meat and the middle class New York League of Women Shoppers pickets with market bags tacked on poles to convince dealers that they'd better exert pressure on the middleman and get that profit down or be forced out of business.

Also, to get your money's worth it's necessary to know how to judge quality, so here are some hints on picking out prime vegetables.

Anise, or Finocchio. The sweet anise, called Florence Fennel, or Finocchio, in Italian, is a large blanched bulb of fine flavor, something like licorice. The best type is big, crisp and tender, known in Italian markets as "Mother Anise." You seldom get a bad one. The chief thing to look out for is withered outside leaves or too spindly a shape, which shows that the seed core has begun to develop. The bulb should be compact like celery and the top spray of leaves fresh and dark green in color. It's best eaten raw; try cutting one in eighths and dressing it with olive oil, lemon juice or vine-

gar, beaten together with salt and freshly ground pepper and then pepped up with a palmful of poppyseeds heated crisp as popcorn in a frying pan. We perfected this salad by adding the poppyseeds and are mighty proud of it.

Anise can be roasted or boiled, but the Italians, with whom it's an enduring favorite, prefer it raw, and so do we.

Artichokes. Pick out firm, compact heads of plump globe shape. When they're getting old, tough and tasteless the leaves turn brownish, wither, begin to loosen and stand out from the head. The bottom is the meatiest part, but there's a tasty little bite at the base of each leaf. In season, artichokes, most of which are shipped from California, are a good buy and make a nice change from the usual run of vegetables. They can be stuffed in all sorts of ways but we like them best plain boiled and dipped leaf by leaf into a saucer of melted butter or olive oil with lemon juice or red wine vinegar, salt and plenty of fresh-ground pepper. Small, or baby artichokes are the last that grow and Italians preserve them. In 1936 the Mayor of New York City smashed a market racket which had forced up the cost of these tiny ones to even more than that of the big globes.

Jerusalem Artichokes. These knobby little fellows are not at all like their big leafy brothers. How they ever came to be called "artichoke" we can't imagine, for Jerusalems are just the root of the old American sunflower, or girasol, which sounds like Jerusalem. They're cooked like potatoes, but are harder to pare on account of their irregular shape. They must be smooth of skin, firm, even in color, and dry, for damp, flabby ones will be soggy and watery when cooked.

Asparagus. As with wild strawberries, small wild asparagus is tastier than tame, but it's hard to come by commercially, so this serves only to illustrate the fact that you don't have to buy the biggest California stalks of asparagus; you'll get better value out of the small uneven-sized ones grown closer to home and sold by weight at half the big bunched rate. And this small green asparagus should be done pioneer style, cut up small and creamed in plenty of milk. Of the two colors of asparagus, green and blanched white, the green is by far the tastier, and the only good canned asparagus

we know consists of the green tips only — although the obese whole white stalks cost more, because of the waste.

The less there is of woody stalk, the better. The U. S. Department of Agriculture says "green asparagus should be green for almost its entire length" and adds that the blanched kind "is said to be somewhat milder in flavor." "Said to be" is right — it's often so mild you can't even taste it!

All asparagus must be fresh, with heads compact, and stalks unwilted.

Beans. Some marketers who know their onions don't know beans. But "snap" is the other name for "string" or fresh green beans, and that's all the clue we need. Whether green, yellow or wax, they've got to be as full of snap as a cranberry and as nearly stringless as possible. The way to test that is to break one in half — if it pops and exudes juice, buy it, but if it bends and is held together by too woody a string, leave it for Mrs. Astor's butler.

Beans, Dried. The only thing we know against the common dried navy beans is that sometimes they're adulterated with pebbles, which are hard on the teeth, so a mess of beans should be looked over carefully, and since they come in all colors, try black, red, blue or spotted beans for a change. Some Southern varieties are swell, like whippoorwills or "lady peas," for Southerners can't really tell the difference between peas and beans, and that's all to the good — if you're buying beans.

Beans, Lima. The two common kinds are tiny limas, called butter beans, and the big ones known in the trade as the "potato type." Both are excellent when tender, and as they're usually sold shelled it's easy to tell whether or not the skins are fresh by pricking one with the fingernail. If it pops open it's okay, but if your nail only leaves a dent, that means the bean is old, tough and tasteless.

Bean Sprouts. Spread navy beans on any absorbent piece of cloth in a big flat pan, keep in a warm spot, covered with water and another cloth until the sprouts shoot up. These make a succulent, crunchy salad, or cook them in the juice from a can of pineapple, to give the real oriental tang to chop suey and many another fine Chinatown dish.

Bean sprouts are cheap as beans, so anybody who likes some-

thing snappy, fresh, and full of vitamins can have it on hand all winter long. We've mentioned this in other places, but since nobody reads a cook book clear through, from "civer to civer," it'll bear repeating.

Beets. Early beets are sold whole with their top leaves on, and be sure to get them that way, for these beet greens are so much in demand they're sold separately, too, though usually they're the kind the farmer thins from the rows, but sometimes they're cut off bunched new beets by market racketeers. Late summer beets are sold without their tops, which usually are too dry to make a decent mess of greens. And don't wash off the earth that clings to these because the best way to get the full beet flavor is to wrap it whole in paper, earth and all, bake in the oven and when done, remove the earth with the outer skin. And for boiling, beets must never be cut, except for borscht, or the red runs out and the beet gets pallid and unpalatable. In European markets and in some foreign sections here they're called "beet root" and sold already boiled, which saves the cost of the long cooking they require.

Broccoli. Freshness and tenderness are the essentials. The flowers may be closed or open but must not be wilted or spotted, because there'll be too much waste.

Brussels Sprouts. These miniature cabbage heads should be compact and bright green in color.

Cabbage. Heavy, compact heads are best and since there are several varieties, including the red and the light green savoy, as well as the pointed and Danish, it's a good idea to use them all in rotation, to vary the menu. Cabbages are graded by the number of outside leaves showing, the fewer the better. Small new cabbages are best boiled whole for 15–20 minutes, then split and buttered at the table. Don't cook them too long, if you want to enjoy their sprightly flavor.

Chinese Cabbage. Long, cylindrical, crisp — fine as lettuce, for salad. Of course you can cook them, but they're lots tastier raw.

Carrots. As with beets, new Spring carrots are sold with their tops on and when these tops are young and tender they are good, chopped like parsley, in salad or to garnish meat dishes. As a matter of fact, carrots and parsley belong to the same family. Young car-

rots wilt quickly and shrivel down to nothing; so they should be bought fresh and bright in color and used within a day or two — the sooner, the tastier.

Cauliflower. The creamy-white head is picturesquely called "curd" which it resembles. It must be clean and compact, for, as with broccoli, loose and spotted heads are too wasteful.

Celery. Good celery has crispness and snap. It shouldn't be either small and runty or overgrown, for then the heart may be starting to go to seed. Everything pertaining to a bunch of celery should be used, except the string; the tougher outside and tops of stalks are fine for soups and the leaves when dried make as good seasoning as you can buy. And so do the roots, which usually are pared down too close, but always worth drying and powdering.

Celeriac. This big celery root is a good buy and usually appears in the market in sound, acceptable condition.

Chard, Swiss Chard. Should be as fresh and snappy as celery and the leaves not holed by bugs. There is no waste to chard and it's one of the most dependable vegetables we know. It should be cheap, because it grows like grass. The contrast between meaty white stalk and soft juicy greens makes an appetizing dish.

Chicory, Endive, Romaine and Escarole. Crispness is the test for these fine salad plants brought to us by immigrants. They make an appetizing change from ordinary garden or head lettuce.

Collards. This makes a good mess of greens with salt pork or corned beef. As with all greens, unwilted crispness is essential. Although collards are a kind of kale, they taste like cabbage, but not like "skunk cabbage" which is sometimes called collards, too.

Corn. Sweet corn for biting right off the ear is chiefly divided into the yellow kinds, usually known as Golden Bantam, and the whites such as Country Gentleman. They should never be bought sight-unseen. The dealer should pull back the husk of each ear to show that there are no worms, and the kernels should be tested with the thumb-nail to make sure they are plumped out with milk. When corn is too young the kernels are too small and tasteless and when too old they're so tough only horses can chew them. Look out for big "field" or "horse" corn often dumped for "sweet" or "sugar" corn at the end of the season.

Cress. All cresses, garden, water and highland are fine peppery herbs when fresh, crisp and a good green in color. Swell in salads and for garnishing meat. They cost next to nothing.

Cucumbers. Firm, fresh and bright in color, never yellowish or puffy.

Dandelion Greens. The wild kind is stronger in taste, and likely to be tough, unless picked very young and always, of course, before blossoming. The cultivated kind is lighter in color from blanching, larger, more tender, and milder in taste, yet most eaters of the dandelion prefer the tangy call of the wild.

Eggplant. Deep royal purple is the color and an eggplant must be heavy and elastically firm.

Garlic. The fresh crop, or "new" garlic, is by far the richest in flavor. In Europe, the day that new garlic comes in is often celebrated by drinking, feasting, and dancing in the streets. As with onions, when garlic gets old it begins to sprout and lose its firmness and flavor, from too much preoccupation with reproducing itself.

Greens. There are all sorts of greens the year around, their variety depending on the locality: beet tops, broccoli, chard, chicory, collards, cress, dandelions, endive, escarole, kale, mustard, sorrel (sour grass), spinach, turnip tops, etc. These are judged by crispness, strong color and general vitality.

Kale. This cheapest of greens is also the coarsest. Its quality is judged just the same as the others — it must be clean, fresh and dark bluish-green in color.

Kohlrabi. This delicate cabbage whose roots grow above ground shouldn't be neglected — it's inexpensive and makes a fine dish when firm, young and tender. Its youth can be told by the velvety feel of its skin.

Lettuce. The two head lettuces are named after Boston and New York, the Boston kind is also called "butter-head" and has smoother, greener leaves than the New York "crisp-head," which is larger, firmer and crisper, and sometimes wrongly called "Iceberg." The third kind is leaf or garden lettuce which doesn't head, is more delicate and wilts quickly, and the fourth is romaine or cos lettuce, the head being as long and cylindrical as a cucumber, with tougher leaves and stronger flavor. All lettuce has to be fresh, firm and lively in color. Beware of old lettuce in which the seed stalk

has begun to separate the leaves at the base. It's bitter. You can feel the top of the hard seed core by gently pressing the top and sides of any kind of lettuce.

Mushrooms. "Button" mushrooms sell at a higher price than those with their umbrellas open, but are not necessarily as good a buy. We like mature mushrooms with well-developed spores that make a tastier sauce.

Okra. Pods must be young, tender and as full of snap as snap beans.

Onions. Dry onions come in many colors: white, yellow, brown, red and purple, and in all degrees of flavor. They must be plump, shapely, hard and bright-skinned. Unshapely onions may have begun to split or sprout and are therefore wasteful and not as tasty. There are the big Bermudas that taste as sweet as apples; Spanish or Valencia, and American kinds that are smaller but much stronger.

Green Onion Family. Leeks, shallots, chives, scallions and Spring onions must all be green to the top and bursting with juice. The bulb onion from seed is better in taste and value than any kind of sprouts or scallions. Chives bought growing in a pot, for a dime or so, are handy fresh garnishing to keep in the kitchen.

Parsley. The flat-leafed Italian kind is fullest of flavor; the curled leaf may be prettier, but it's not so tasty. But a third kind called Hamburg is the best buy because it has a big root that's fine in soups and as flavorsome as celery root, although it belongs to the carrot family. The tops serve as any other parsley for garnishing. Color and crispness is the test. Yellow, wilted parsley is a bad buy.

Parsnips. Good only in winter and best when left in the ground until spring. Small, firm, smooth and shapely parsnips are the ones worth taking home. Overgrown ones are likely to be woody or pithy and hence useless.

Peas. The younger the better. Like beans, they must have snap and juice in their pods and the peas tender but well developed. Bright "pea" green is the right color and, as with most vegetables, any sign of yellow indicates approaching old age and hardened arteries. To get the full flavor, peas should be steamed in French farmer style with little or no water and covered with lettuce leaves to hold the steam down.

PEAS, DRIED. The finest we know are Southern "lady peas," but try to get them in Northern markets!

PEPPERS. The two commonest kinds are the large, bell-shaped sweet Spanish pepper or pimiento and the hotter, smaller cayenne and chili peppers. (The dictionary spells this "chile" but along the Mexican Border it's "chili" and we think this comes closer to the original.) All are picked mature but while still green in color, for shipping; they become red as they ripen. They must have smooth, bright skins and be plump and elastic to the touch. Discolored spots indicate approaching decay. Sometimes the whole plant of small peppers is pulled and that makes a fine interior decoration for the kitchen. We bought one off a pushcart for 15¢ and it served both for seasoning and beauty for half a year.

POKE SALAD. This common weed when picked young is as tasty as asparagus, which it resembles in appearance.

POTATOES. The only way to make sure that any lot of potatoes is good all the way through is to cut one in half, and any dealer should be willing to do this to prove there's no hollow or black ring under the skin, which last indicates freezing. The best buy is smooth and well-shaped with shallow eyes because deep eyes are wasteful; and the color should be even without any green showing, for such "sunburned" potatoes are bitter. Care should be taken in paring thin, for sometimes a quarter of the food is thrown away with the skin. In fact, sailors and other amateur potato-peelers sometimes waste even more than goes into the kettle, so the most economical way to cook potatoes is always with their jackets on, unless you're going to slice them for drying or scalloping.

SWEET POTATOES. Should be bright, firm, smooth, shapely and dry. They rot easier than murphies, and should never get damp or wet.

RADISHES. Always press one of the biggest radishes in a bunch to make sure it isn't pithy. There's no need to stick to the white icicles or the little red kind, there's the long black Spanish and the big white German kind, especially for winter.

RHUBARB. Stalks should be tender and snappy with juice and well colored, either light pink or dark red, for rich color usually indicates fine flavor. The younger the better, and never old and wilted.

Romaine. See lettuce.

Rutabagas. See turnips.

Salsify, or Oyster Plant. This is the same tan color as parsnip, but smaller around, and of a different flavor. Like parsnip, the smoother and more shapely, the less waste, and its flavor is also improved if it's left in the ground until freezing weather.

Spinach. Must be bright and snappy. Beware of soft, wilted or yellowed leaves.

Squash. There are so many kinds, winter, summer, green, yellow, round and flat, that all we can suggest is they should be hefty for their size. We get the biggest kick out of three kinds, all of them fairly new in the markets but growing fast in popularity, and we'd even be willing to pay the price of popularity if these now-cheap nutmeg, cocozelli and spaghetti squashes went up, for we figure that anything which gives such keen enjoyment helps us get the most for our squash dollar.

Tomatoes. Now bred to convenient size to suit the shipper, not the consumer. The big old-fashioned "beefsteak" tomato is best in flavor — but try and get it! As for the commercial kind, the heavier and healthier in color, the better; although underripe ones will get red on the window-sill, they won't be as full of flavor. Overripe ones are only good for kids to throw at cops when they're being shagged.

Turnips. As with beets, the early ones come with tops attached and these crisp leaves make a swell dish of greens, especially when cooked in the broth of salt pork. Smooth, firm turnips are a better buy than old ones that have stayed in the ground until they've become as pithy as punk radishes.

Rutabagas, called Swedes, from the popularity of this giant turnip among the Swedes who brought it to this country, were formerly thought fit only for cattle, but now they prove to be about the best buy in the whole turnip family. In any case, they offer most for your turnip money.

Watercress. This luscious cress, when crisp and fresh, is one of the best buys we know. It's fine dunked in mayonnaise a spray at a time, also for pepping up a salad or garnishing a meat dish. It's chockful of vitamins and body-building minerals and those people who munch it like rabbits are all the better off.

XXI

Eat Your Spinach!

ARTY SPROUTS

2 POUNDS JERUSALEM ARTICHOKES
1 BOX BRUSSELS SPROUTS
MASHED POTATOES
SALT
2 OUNCES BUTTER
4–5 ONIONS, SLICED
CREAM SAUCE
PEPPER, FRESHLY GROUND

Peel artichokes, then wash them well, because they have a very earthy taste. Cook in 2 quarts water with sliced onions, salt and butter.

Separately, make mashed potatoes, cream sauce, and boil the Brussels sprouts. When artichokes and sprouts are tender spread a thick circle of mashed potatoes around the outside of a big dinner plate or round platter and stick the artichokes in, leaving spaces between. Cover with cream sauce or melted butter and then stick a Brussels sprout between each pair of artichokes and heap the rest in the middle, to make a dish "exceedingly inviting, simple and pretty."

The last words are those of the internationally famous chef Soyer, who invented this dish to please royal patrons in Queen Victoria's reign. Soyer's dishes were a great gift to the gouty and many of them, like the above, are cheap and satisfying to those who like to make a whole meal out of one hearty vegetable dish, especially in summer time.

This dish takes a bit of doing, as the English say, but it's well worth it, for the contrasting flavors are pleasing to both eye and tummy.

In season, both artichokes and Brussels sprouts are cheap.

Jerusalem artichokes, in fact, cost no more than potatoes and make an acceptable change. The chief trouble with them is that they are so irregular in shape they take patience to peel, but lots of us have more time than money. Although these tubers were planted by American Indians and introduced from here throughout the world, they have never had the appreciation they deserve in their homeland. Maybe because they're only the tubers of our indigenous American sunflower.

LENTIL CROQUETTES

1 CUP LENTILS
1½ CUPS FINE DRY BREAD CRUMBS
¼ POUND BUTTER
3 EGGS
2 ONIONS, GRATED
2 PIMIENTOS, CHOPPED
½ TABLESPOON SALT
CAYENNE
NUTMEG

Pick over lentils as you would beans, to make sure there are no stones in them, wash and put to soak overnight. Then boil 1½ hours or until tender. Put through sieve and mix in 1 cup of bread crumbs, ½ the butter, 2 of the eggs, the onions, pimientos and seasonings. Shape into croquettes, roll in bread crumbs first and after that in 1 egg beaten and mixed with the rest of the bread crumbs. Fry in butter.

While the lentils are cheap, the butter and eggs raise the price of this dish. Yet it is substantial enough to take the place of meat and many people find the flavor of lentils as savory as people did in biblical days, when lentils generally took the place of beans.

SUCCOTASH

4 CUPS GREEN CORN, CUT FROM COB
2 CUPS LIMA BEANS
BUTTER
SALT
PEPPER

Boil beans 25 minutes in salted water. Boil green ears of corn 10–20 minutes depending on age. Cut corn from cob, not too close to cob or it will be bitter. Drain most of the water from beans, add corn, with butter, salt, a little pepper and heat to just below boiling point.

This is the original American Indian dish, but it has sadly slipped, with navy beans, even string beans, substituted for the limas and sometimes canned corn in place of kernels cut fresh from the cob. Since corn is our greatest indigenous food, when it is mixed with the flat bean of tropical America it has an appeal to the native palate unequalled by anything short of turkey and cranberry sauce.

GREEN CORN OYSTERS

2 CUPS UNCOOKED GREEN CORN, CUT FROM COB
2 EGGS, BEATEN
2 TABLESPOONS BUTTER
1 CUP SOFTENED BREAD CRUMBS
1½ TEASPOONS SALT
½ TEASPOON PAPRIKA
BACON DRIPPING

Mix bread crumbs in the milky raw corn to soften them, beat in eggs, butter and seasoning. Ladle out big spoonfuls and shape them like oysters on hot griddle greased with bacon dripping. Drain on coarse paper.

This is another natural. Next to succotash our native tongue wraps rapturously around these most succulent of vegetable oysters.

CORN OIL

The Turk's national food is beans, the Chinaman's is rice, and ours is corn. Out of beans the orientals make soy sauce (the base of Worcestershire) just as the French, Italian and Spanish people use their olives to make salad and cooking oil. They eat up large crops of peanuts too, mostly expressed into oil which suits the national taste and is the piquant flavor we recognize in "French Fried Potatoes" cooked on the other side. Walnut oil is another French favorite.

There are scores of flavorsome oils, such as extracts of sesame and sunflower seed used in the Near East and cocoanut oils in the West Indies; cotton seed oils all over the world, called "Sarashime" in Japan, and less romantic names here at home.

Our national contribution is the oil of corn; a common brand of it is called Mazola, from the old Indian word "maize." Corn oil suits our taste, the same as succotash does, for it is indigenous to our land. Succotash (also an American Indian name) is just our

dish, and besides it's on the alkaline side. So instead of a treatment by Alka-Seltzer, try this — it's cheaper and better in every way:

SUCCOTASH SALAD

1 ONION, MINCED
2 BEETS, COOKED AND DICED
1 CUP LIMA BEANS, COOKED
3 TABLESPOONS MAZOLA (OR OTHER CORN OIL)
1 TABLESPOON VINEGAR
2 TABLESPOONS PAPRIKA
SALT TO TASTE
LETTUCE LEAVES

Mix all ingredients and serve ice cold on lettuce leaves.

The corn flavor is in the oil and this is just a suggestion of possible uses of a tasty food lubricant which can enrich not only cold salads but hot vegetable dishes such as zuccini, fish dishes, entrees, meats, and of course desserts. We give the trade name Mazola because it's the only corn oil we know. Here's hoping there are others; better and cheaper.

SUMMER SALAD

LEAF LETTUCE
LEMON JUICE, OR VINEGAR
POWDERED SUGAR

Use the garden lettuce which comes in loose leaves rather than in compact heads, wash well in cold water, shake off some of the water, serve with quartered lemon and powdered sugar, for each person to dress his lettuce as he likes.

This sour-sweet salad is specially suited to the summer season when heavy, oily dressings are too heating. It was the favorite of pioneers, who used vinegar in place of lemon, of course, and powdered their own sugar from the big cones and lumps in which it was sold. Powdered sugar is essential in this dish, granulated sugar is too hard and gritty, since in this dish there's little liquid to dissolve it.

Because head lettuce is in demand and brings a high price the year round, it is good to know that plain garden lettuce, sold very cheaply in the summer markets, will make a fine tasting salad that needn't cost more than a cent a plate.

WILTED LETTUCE WITH BACON

¼ POUND BACON, CHOPPED FINE
¼ CUP VINEGAR
½ TEASPOON SALT
1 TEASPOON SUGAR
PEPPER
2 HEADS LETTUCE, SHREDDED

Fry bacon golden brown and remove from pan, keeping it warm.

To the bacon fat add all seasonings and when boiling pour over lettuce in another cooking pan. Cover this, let steam 5 minutes, sprinkle fried bacon over and serve piping hot.

This inexpensive, homey dish is licking good. It can be made in summer of the common garden lettuce that's much cheaper than the Boston kind raised for commerce.

BEAN SPROUTS

Bean sprouts are a great oriental gift to our cuisine. You can make them at home just by sprouting navy beans in a shallow pan kept covered with a damp cloth, or buy them in Chinatown for a nickel a pound. They give the fresh crispness of salad when used in hot dishes and are most tasty when simmered in the pineapple juice that comes free with a can of Hawaiian slices or spears.

Other Chinese specialties that are cheap in Chinatown and fine for varying salads and vegetable side dishes are Chinese cabbage, water chestnuts, called "Chinese potatoes," mustard greens, bamboo shoots, fresh ginger root and all sorts of strange bulbs and tubers you'll begin to hanker for, once you get the economical and refreshing habit of using them as the Chinese do — and it's well to remember they were the world's first great cooks and their chop sueys and such will still take a lot of beating.

Another good Chinatown buy is lychee nuts, those sweet gummy meats the laundryman gives you for a Christmas present. They cost just half as much in Chinatown as in any uptown grocery and a pound of them makes dessert for several meals.

STRING BEANS, SALTED DOWN

Use string beans as young, tender and fresh as possible. Pack in kegs or crocks, put a good sprinkling of salt between each 3-inch layer of beans. Put a wooden cover on top and weigh it down. The

liquid extracted by the salt will rise over the cover and should be kept skimmed. When you're ready to use some of them in the winter, soak most of the salt off, remove the strings and cook the same as fresh.

This should be done in season, of course, when green beans get down to a few cents a pound in big city markets. While these won't be just as fresh six months later as those expensive ones preserved by the new freezing process, they'll be fresher and cheaper than you can buy already canned and cooked.

WILD CUCUMBERS

These prickly little fellows abound in most parts of America and send out eager shoots that leap and climb faster and farther than squash plants, so that one tiny seed will make a vine that yields bushels of native cucumbers that needn't cost a cent. Some Southern manufacturers put them up instead of gherkins and this salubrious old-fashioned pickle now sells under the name of "Cute Cukes" in fancy groceries at fancy prices. You can fill a barrel with them on half a day's holiday in the country and pickle them with vinegar made cheaper and better at home, putting down a whole barrel of pickles for winter at just whatever you may want to spend for spices. They suit everybody's taste and are welcomed as a refreshing novely. You can stuff them with peppers to make them as attractive as stuffed olives.

GROUND CHERRIES, OR HUSK TOMATOES

There's a lot of confusion about these homely little bundles of luscious flavor that grow about the size of cranberries, each enclosed in a tissue husk that looks like a Chinese lantern. Some say they taste like cherries, others like tomatoes. We've eaten them ever since we were kids and don't yet know which they resemble most. When preserved in syrup they taste like figs. In any case, they're not common in city markets, but when they do appear they're dirt cheap. So if you can find them, get acquainted with a tart-sweet vegetable-berry that's great to eat plain or put up for winter.

UNFIRED FOOD

While we don't take any stock in food fads, fanatically strict vegetarianism, subsisting on raw turnips and rain-water, or any advice that the poor should nibble grass so there'll be more wishbones for the rich, we do think that a lot of fine food is let go to seed every year by needy families, especially in the suburbs, which would furnish the vitamins and minerals we need at no cost at all. So without going goofy on you, we'd like to point out the possibilities of edible weeds, flowers and leaves and the fact that all of our vegetables, fruits, spices and things grow wild in one part of the world or another and are so common in their native habitat that they're likely to be overlooked.

Here are notes we took while reading a book by Dr. George J. Drews called *Unfired Food:*

For making a salubrious Spring Tonic Salad use any of these: sour dock leaves, dandelion greens and the flowers cut fine, sour knot weed, young woodbine shoots, young linden leaves (slippery as slippery elm when chewed), shepherd's purse, nasturtium leaves and flowers, sheep sorrel, wood sorrel, plantain and lamb's quarter. For dressing such a salad use olive oil, peanut or corn oil, with chopped peanuts, pinenuts, and other nuts and maybe a spoon of honey or grated coconut. Simply toss together and serve. And instead of lemon juice or vinegar you can get a good sour dressing by grating rhubarb and squeezing out the juice. The juice of unripe grapes is also good; it was called verjuice by our forefathers who preferred it to vinegar.

The tuberous roots of nasturtiums can be eaten like radishes.

Pull the petals out of double marigold blossoms, chop them, mix with nuts and sluice with salad dressing. Or you might like chrysanthemum petals in the same way — that's a great favorite in Japan. Pansies, water lilies, double zinnias, stock and the Rose of Sharon can all be used in the same way.

XXII

Handy Hints

DO NOT THROW AWAY

Bread. Quickly dip a stale loaf in cold water, crisp in oven and it will be better than when fresh. Dry stale slices, crisp in oven, roll and sift, store in a jar for crumbing fried dishes and for hasty puddings. Make into toasts and croutons. Throw odd bits into the pot when beginning to make soup, for additional thickening and nourishment.

Pancakes. Reheat those left from breakfast, cut into ribbons and put into the soup just before serving — better than noodles.

Bacon Fat, and Other Greases. Use for other frying. Or clarify and remove odors by simmering with hot water; let cool and harden, lift off the fat and store for deep-fat frying.

Trimmings and Peelings of Vegetables and Salads. Put into the soup pot.

Green Pea Pods. Make into cream of pea soup.

Leftover Salads and Their Dressings. Into the soup pot.

Scraps of Cheese. Grate and store in a jar; use with spaghettis; sprinkle over dishes for baking; mix with bread crumbs for frying.

Vegetable Broths. Make soup of them or put into gravies.

Bits of Cold Cuts and Store Sausage. Cut into small squares and put into potato salad.

Bits of Cooked Vegetables. Mix into omelet or egg scramble; make baked vegetable hash of them, sprinkled with crumbs and grated cheese.

Fish Heads and Bones. Set to simmer in cold water and use the broth, after straining through cloth, for fish sauces, or soup, or boil a whole fish in it.

Cold Boiled Fish. Shred and mix with potato or other vegetable salad.

Cold Fried Fish. Soak whole pieces for 2–3 hours in salad dressing. Serve with onion slices and a green garnish.

Leftover Spaghetti and Other Pastes. Cut up, reheat, and use for stretching egg dishes. Soft bread crumbs and leftover potatoes, either mashed or sliced, serve the same purpose.

Leftover Gravy. Add to the next gravy, or heat leftover vegetables in it.

Bones and Meat Trimmings. Into the soup pot, of course.

Cold Fried Bacon. Reheat, crumble into a vegetable dish, or into the soup just before serving; or mix with scrambled eggs.

Poultry Feet and Trimmings. Clean, scald and trim feet, simmer with trimmings, and use for gravy or soup; reduced, this broth makes the most delicious aspic.

THE BEST ASPIC YOU EVER TASTED!
And the Most Economical

Use fresh chicken giblets, also the wing tips, neck and feet. Prepare feet by immersing 1–2 minutes in boiling water and removing skin and nails. Put feet with neck, wing tips, liver, heart and gizzard into a pan, add a little parsley, carrot, onion and 2 cups of water for the parts of each chicken, simmer gently for 2½ hours, which will reduce the broth to one-half. Flavor with lemon or strong sweet wine such as sherry, or both.

It doesn't pay to use less than the parts of 3–4 chickens, but since nearly everybody throws away the feet and giblets, these can be bought separately from butchers who serve hotels. It shouldn't be either difficult or expensive to get the makings of this exceptional aspic which is even cheaper than making it of gelatine or calves' feet, which aren't stocked commonly, except by

kosher butchers. And there's no comparison between this tasty aspic and one made of gelatine, or calves' feet.

Fowl Fat. Chicken or turkey fat, reduced to oil, takes the place of melted butter and makes a tasty salad oil as well. Also makes a swell sandwich spread.

Any Part Except the Quack. The meat packers got rich by utilizing every part of the pig down to the squeal, and we can keep from getting poorer faster by economizing on the duck and goose in the same way, using every part of the duck except the quack, and of the goose down to its hiss:

1st: save the tongue, for that's the gourmet's pick of either duck or goose, throw away the bill and the eyes, but use all the rest of the head, neck, tip ends of wings, all giblets and trimmings of skin and fat. The feet must be blanched and skinned and the toe nails discarded. Wash everything well and put in a pan with a quart of salted water, carrot, the roots of celery and of parsley. Cook until the toughest piece (probably the gizzard) begins to get tender, then toss in a cup of rice, some celery and two beef cubes dissolved in a cup of hot water. By the time the rice is cooked most of the liquid will be absorbed and you'll have a fine dish at the cost of what most people throw away.

Pope's Noses. The Pope's nose, which is "the part that goes over the fence last," is the tastiest tidbit of any fowl, especially chicken and turkey, so don't by any chance throw that away.

VINEGAR

A clove of garlic in a bottle of almost any kind of vinegar peps it up most pleasingly, that is, if you like garlic, and if your vinegar is made honestly — not out of wood shavings.

It's good to have a stock of different-flavored vinegars on hand to vary the savor of mayonnaise and other sauces. Get good country cider vinegar if you can, and buy it by the gallon instead of in those tricky small chain store bottles made like magnifying bar glasses to make a very little look like a lot. Fresh or dried herbs are cheap in every "foreign" market and their full flavor can be added to a pint or quart of your bulk vinegar by using such combinations as the following:

In one pint of vinegar put 1 tablespoon each of minced water cress or highland cress, shallot, chervil and rosemary, with one clove of garlic, and let it steep in the sun until it's full flavored.

In ½ pint of red wine vinegar steep 4 tablespoons shredded cucumber rind, 1 tablespoon grated horseradish, 1 tablespoon minced chives or shallots.

Or, 1 dessertspoon each of various seeds, such as celery, dill and caraway, made sprightly with minced cress, parsley and 2 capsicums.

You can make your own wine vinegar by letting cheap California wine sour, adding the "mother" from any old vinegar or a little yeast to start the acetic acid.

It's always most satisfactory to make your own vinegar. Then you'll know what went into it. Apple juice, cider or peaches are best for this, but the following vegetable vinegars are cheap and satisfactory:

VEGETABLE VINEGARS

Tomato. Press juice from ripe tomatoes into a large vessel or crock, leave uncovered in a moderately warm place and it will quickly turn to vinegar. Add ½ cup molasses to every quart of juice if you want an extra-acid vinegar.

In season, tomatoes should be almost as cheap as the dirt they grow in, especially in city markets on Saturday night, when all ripe produce has to be sold out because it won't keep until Monday.

Beet. Run a bushel of washed beets through a grinder 2 or 3 times to extract all the juice — put juice in open cask or crock covered against insects and light, set in the sun for 2–3 weeks and by that time you'll have several gallons of good tasty vinegar.

Potato. To every gallon of water that potatoes have been boiled in put half a cake of yeast and a pound of brown sugar. This will turn to vinegar in less than a month, but it's not as nicely flavored as most. It serves, however, for cooking and making fresh cucumber pickles without salt, simply by putting in cucumbers cut fresh from the vines and adding dill if you wish. And the chances are that this potato peel product will be as good or better than the average store article.

Nasturtium. Bruise Nasturtium flowers, cover with cold vinegar,

add 1 shallot, and ⅓ garlic clove to each quart. Set aside for 2 months. Strain, add ½ ounce cayenne and ½ ounce salt.

MINT

This fresh herb is so refreshing, especially in lamb sauce and lemonade, that a nickel bunch of it should always be on hand in the kitchen to use as the most-for-your-money flavoring in stews, sauces and beverages. It is packed so full of flavor that a sprig or two go farther than a whole handful of watercress or other lively relish. To our mind it's the most economical flavoring we know, and besides, mint seems exactly suited to our All-American taste.

GARDEN GARNISHES AND MISCELLANIES

Celery Curls. Cut stalks in 2-inch lengths and with a sharp knife cut 5–6 slits about 1-inch deep in end of each piece and throw into ice water several hours before using, so they'll be nicely curled.

Radishes. Remove tips and retain stem with sufficient green leaves to be attractive and make a good handle for eating them. Keep in ice water until wanted. Serve on chipped ice.

Parsley Root. Many people throw away the roots of parsley after using the tops for garnishing, but some varieties have a fine tuber that's as savory as celery root for seasoning soups and stews; so that should never be thrown away.

Capers. Since everybody relishes a relish, always have a bottle of capers on hand, for snacks and seasoning. A bottle needn't cost more than 20¢ and can be used to pep up a plate of cold cuts, sandwiches, all sorts of tidbits, at a cost of less than a cent a person, for a bottle should be enough to spice half a dozen good-sized platters. In some places you can buy capers cheaper in bulk, or if you can get hold of nasturtium pods they're just as good. You pickle them simply by dropping them into a bottle of vinegar. The green seed-pods of radishes also take the place of capers, at no cost at all.

Peas. A dish of French green peas is almost a meal in itself and is always served as a separate course over there. The secret is in cooking freshly shelled peas an hour in a little butter, with some bits of bacon, lettuce leaves, spring onions and parsley. The flavors

of lettuce and peas not only complement each other, but the lettuce serves to put on top of the peas to keep them savorily smothered while cooking. Likewise, to perk up canned peas, cover them with lettuce leaves, add a little green onions and butter, or bacon, or both.

Pepper Skins. Since these are too tough to eat, before using peppers as a garnish or in salad you can easily remove the skins by holding them over flame on a fork until skin begins to blister; then peel it off.

Water. Water is Flavor Enemy No. 1. Too much washing of meat and vegetables removes a great deal of their flavor. There's an old English song that advises: "But don't let the water get into the wine." The French, after washing lettuce, swing it in a basket until it's bone dry and able to absorb the oil of the dressing, while anybody who knows his mushrooms never washes them, but wipes them clean with a moist cloth.

Cucumbers. Lots of people have an allergy to fresh cucumbers and few of us can get along without soaking them for a while in salted water. Although they're usually sliced like a loaf of bread, the way to get their full flavor is to slit lengthwise in quarters and instead of using black pepper, sprinkle with paprika. Fresh cool cucumber makes a fine contrast to eat out of hand with a dish of hot vegetables.

Foods Free for the Picking. Even city dwellers have access to suburban fields and forests where there are herbs, nuts, mushrooms, wild berries, fruits and even edible flowers free for the picking. It pays to learn about the good mushrooms, for instance, and gather a sack or two of these neglected foods on a holiday. You can have a feed or two of the fresh ones and then dry the rest by stringing them like necklaces and hanging in a dry place. Because of their light weight when dried these cost a dollar and more a pound in the markets that stock them, and there's nothing so tasty in stews and soups. So if you don't want to trouble to gather and dry them yourself, you can buy a dime's worth, soak them overnight and give that old mushroom flavor to a whole gallon of soup.

Pork and Mutton. As with oysters, the "R" months are best for eating both pork and mutton which are really in their prime only in October and November.

Ripe Olives. Oily black olives are a gift to any cook who'll learn to use them. They cost very little in foreign neighborhood markets and are bursting with rich flavor which imparts piquance to many a stew and salad.

Spaghetti. On English menus Italian paste products, spaghetti, macaroni and vermicelli are listed under "vegetables"; and while we do not think of them in this way, it's good to remember, especially in winter, that if you haven't any vegetables at hand to give a lift to a meat stew, sometimes lightly cooked Italian pastes, especially if made of good hard wheat, take the place of vegetables.

Juniper Berries. These peppy dried berries which we think of mostly for flavoring gin do just as cheerful a job when they're crushed and sprinkled over stews and hash.

Popcorn. Buy the seed by the pound, pop it yourself in one of those mosquito-wire poppers and season with salt and melted butter, or do it cheaper by popping in lard in an iron kettle and then salting. It's the finest garnish we know for cream soups, where a few crunchy, buttery, snowy kernels scattered on at the finish make all the difference in the world. It's great to eat by the handful with a glass of milk or to use as a cereal at a fraction of the cost of puffed grains put up by the breakfast food racketeers, or packageers. Try it in a bowl of milk in place of bread, and savor everything by crumbling in bits of fine old store cheese. Makes a great snack at anytime and is just suited to the palate of this cornfed country.

Peanuts. Cheap and handy for making anything from peanut soup to candy. In fact, Dr. George W. Carver of Tuskegee Institute not only extracted sweet milk and rich cream equal to the cow's from this lowly nut that's chockful of food value, but he gave a five-course luncheon to food experts, consisting of 14 dishes in every one of which the chief ingredient was peanuts. And then he compiled 105 peanut recipes, ranging from peanut bread, rolls, cookies, wafers, muffins, doughnuts, to cake, salad and candy bars.

Peanut Butter. Many commercial peanut butters are ruined in flavor by draining off the peanut oil to sell for a good price and then substituting cottonseed oil. If you don't know where to get honest peanut butter, which is the handiest sort of thing for help-

ing the flavor of all kinds of dishes, write to Llano Cooperative Colony, Newllano, Louisiana, and they'll supply the finest we ever tasted, at a price much lower than any chain store offers.

PIPING HOT. The recent success of sizzling platters, whose virtue is that the meat is still hissing on a metal platter when brought to table, proves that we like our hot dishes piping. This can be done with stews and vegetables as well, bringing them on bubbling in thick earthenware dishes, so they're as attractive as a savory Lobster Newburg or Welsh Rabbit made right on the table. It's also good to remember to heat the diner's plate in cold weather and in summer to chill plates before serving salad, cold consommes and such things on them, just as a good bartender chills his beer steins before using.

HOMEMADE FIRELESS COOKERS

We seldom hear of fireless cookers these days, but at one time not so long ago, they were a part of regulation kitchen equipment, and they cut dollars off the yearly fuel bills. World War propaganda further popularized them, for then all housewives were urged to save coal, not so much for their own account as for the dear Allies. Wheatless and meatless days, and fireless cookers for pure patriotism, with never a thought on the part of either war profiteers or their helpless fellow citizens that after-the-war-depression would bring enforced wheatless weeks and meatless months to millions.

Metals, which are wasted in peace times on all sorts of useless contraptions, had to be conserved to their death dealing ends. So the press carried instructions for making fireless cookers at home. All one needed was a wooden box or paper carton, and a lot of old newspapers to insulate it, layers of paper fitted into the bottom of the box and around the sides, with a cylindrical hole left in the center to receive a boiling pot of soup or stew; then wads of paper on top to hold in all the heat for hours. An excellent device for long, slow cooking of cheap foods. Dried beans, peas, and lentils, tendered in their unbroken skins; and cereals, started the night before, are still hot at breakfast time and have attained a jelly-like and delicate consistency which only many hours of low heat can give.

These economical, practical cookers will save coal now, just as they did then, and are well worth reviving.

And before we leave the wheatless, meatless and eatless days when owner patriots urged wage-slaves' wives to half starve their families and "Win the War in the Kitchen," we'd like to record the fact that one of these Official Recipe Books was published under the chairmanship of Samuel Insull.

SEASONING SECRETS

A row of jars and bottles of home prepared seasonings is a never-ending inspiration on those days when one is distracted with thinking up new ways to vary the menus. Herbs such as rosemary, savory, dill, marjoram and tarragon can be collected, one at a time, as they appear on the pushcarts. Dried and kept away from the air, they will last a year. The leaves from a bunch of celery will dry also, keeping their natural color and full flavor if laid on a pie tin in an open warm oven, or hung on a string over radiator or behind stove, until brittle. Piled up loosely in a covered glass jar, these will always provide fresh celery seasoning for the soup and stew pot, or roasting pan, for sauces and for gravies. Parsley cannot be successfully dried for commerce, but for one's own kitchen it will dry as well as celery and take the place of green parsley, especially if it is refreshed in cold water 15 minutes before using. Basil, too, can be dried at home in the same way. But living plants of basil or sweet marjoram, procured from florist or vegetable vendor, will grow in pots on any window sill, bravely putting out more leaves to take the place of the ones continually plucked off. In summer, fire-escapes in foreign sections of our cities always display tin cans and boxes of these two sturdy plants which are taken inside in winter.

With this store of herbs should go a string of little hot red peppers, likewise dried out in the open oven, so they will not spoil. An unopened pod is not too much for a pot of soup. If only a portion is used, be sure the seeds are discarded. And be sure to take it out before serving, or some person will get more than his share of hotness.

There is nothing like herb variety for relieving food monotony and giving a family the feeling that they are eating something different all the time. Most herbs are both appetizers and aids to digestion besides, and thus they may be used freely without fear of injury to health. Although most of them are so strong that a little goes a long way, there are a few, like the faithful basil that grows in a pot, whose leaves can be scattered through green salads or, minced, may be put into the salad dressing until it is actually green. Basil is the best herb of all with tomatoes, either raw or cooked, and Italians like to lay a few leaves of it on a platter of spaghetti with tomato sauce, for each person to tear up a leaf and mix it in, or nibble at it whole, while eating.

The time to lay in orange and lemon flavorings is when these are cheapest. Before cutting the fruit, carefully pare off the outside yellow covering of the skin in a long unbroken spiral with as little of the white sticking to it as possible. Toss the spirals over a string stretched in a warm place. When the moisture has dried out, but before the skin has become crisp, pack away in a glass jar. Eventually there will be two jars full, one of lemon and the other of orange peel, ready for the season when fresh citrus fruit is scarce and expensive. Two inches or so broken off will flavor soup, or pudding or pie, will give a zest to applesauce or other cooked fruits and is handy in concocting drinks. For use in certain cakes, cookies and puddings it is better to candy these peels.

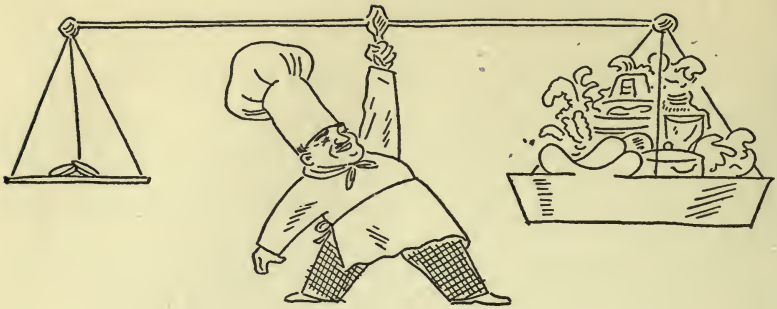
CANDIED ORANGE AND LEMON PEELS

After juice has been reamed from oranges or lemons, tear out the membranes. Soak over night in water salted with 1 tablespoon of salt to the quart. Drop into fresh water and drain. With a spoon scrape off white inside, and cut with scissors into narrow strips. Mix ½ cup of water with 1 cup sugar, add the peel and cook until the strips look clear. Drain, lay on a plate to cool, then roll in granulated sugar, letting as much sugar as possible stick to them. When dry pack away in jars or tin boxes lined with paper. If they become too dry after a time, warm them in the oven.

CANDIED GRAPEFRUIT PEEL

Grapefruit peel is so bitter that it should be parboiled for 15 minutes after being taken from the salt water; and some people parboil, drain, parboil a second time and drain, before cooking with sugar. After parboiling follow the recipe for Candied Orange and Lemon Peels.

There's a whole book about using citrus peels, if you're interested. Mrs. Florence Gilson Barton wrote and published it in San Bernardino, California, in 1928. It's called *The California Orange Cook Book, Complete and Explicit Directions for the Making of Candied and Glace Fruits, Jellies, Marmalades; Orange and Grapefruit Rinds in Decorative Forms and Preserves.* And while you're at it, experiment with the rinds of Persian limes and kumquats.



XXIII. *The Pick of the Pushcart*

We've made our very best vegetable and fruit buys, over a period of thirty years, off pushcarts in the poorest sections of cities all over the world, not counting the unbeatable bargains on the tropical fruit wharves of Bahia and the raspberries and melons sold in season on every Moscow street corner and in the unbelievably bounteous Gastronomes throughout the Soviet.

The reason for pushcart plenty is obvious, especially in a huge city like New York. In this broad land some fruit is always in season, and the pick of all crops comes to this highest priced market; so, since the best of it ripens en route, every day something or other arrives in the commission merchant's hands that's prime but risky for big dealers to hold for a gamble. He's either got to sell it out at once for what he can get, or throw it away. Shipments with slight imperfections also can't be resold to Park Avenue Bon Voyage basket fillers, so they're picked up by the haggard, hoarse street-hawkers who haunt Washington Market at dawn, with only ten or twenty dollars to invest in quick merchandise to load up pushcarts or a bag-of-bones horse and wagon they rent for from 50¢ to $3.00 a day. Without capital they can't hold out for prices as the chain stores do, so they yell and sell in Paddy's market, east side marts and on the streets, and if you know your artichokes, fresh figs, pomegranates or honeydews, the very best fruit value you can get is — *the pick of the pushcart.*

The one sure quality test in picking out any kind of fruit is its

weight in comparison to its size. The heavier, the more mature, hence fullest of juice and flavor. Grapefruit offers an easy beginning; heft one in each hand and soon you'll come across a specimen as big as your head yet light as a balloon (please don't transpose this), while in the other hand you've got one just half the size but heavy as a cannon ball. The heavy one is naturally the best buy, for the lighter one just has to be thick skinned and puffy — no juice!

In picking out any fruit remember it's already been handled enough by picker and packer, so don't pinch it to test its ripeness. Let the dealer do that, and he will, if his stuff is worth a darn. Always put it up to the seller to prove that his fruit is worth buying. If he won't do that, buy from one who will. Pinching, of course, bruises any fruit and starts decay, so you can't blame a dealer for getting sore when an amateur ruins half a dozen avocados or peaches by amateur poking which makes soft spots that quickly lead to waste.

With berries, melons and smaller fruits, if the seller has something worth buying he's glad to give you a sample taste. If not, beware.

In buying berries always ask the seller to turn them out in his cupped hands or pour them into another box to show you that the bottom ones are fair-sized, sound and dry, not mildewed, unpalatable runts. Naturally, you'll have to allow a little for those packed far down out of sight, since cheating has become an accepted practice in our competitive society. Even the consumer has been taught to expect fruits and vegetables to get smaller and gnarlier as he digs down beneath the top "show" layers. Whether you're from Missouri or not, "show me" is the buyer's slogan; so look at the bottom always to make sure it isn't a false one built up like the bottom of a post-prohibition beer stein, or that the fruits beneath are not entirely worthless, and when buying by weight make sure there's no concealed brick or horseshoe. Probably today spare-tires are used to make up the weight, but when a father of ours used to buy butter wholesale his testing plugger often struck fire on a "thrown" plough-horse shoe. And for God's sake don't be 100% American and embarrassed about looking for flaws; you can be sure the dealer has done it thoroughly in the first place and has refused to pay full price for fakes. So take a

tip from him and if the stuff is of lower value than he asks, don't pay the asking price like a meek little lamb that loves to be shorn. Just tell him plainly what it's worth to you. Never be afraid to bargain. We are, in fact, the only people in the world who take it on the chin by paying fixed prices for bad or good without a peep. We're dumb as mud-puppies about protecting ourselves in the most vital concerns of life. Advertising, movies and such models of exploitation have made us think that maybe it's more elegant to just sit down at the phone and ask the butcher "Otto, how's your liver today? Okay, send me two pounds." We're ashamed to be seen out with a market basket and pretty soon we'll take to letting our little fingernails grow long like Chinese Rockefellers, to prove that we don't live by using our own hands.

Recently organized labor has grown weary of the owner's old "take it or leave it attitude" and begun to bargain with the boss, so labor's helpmeet can help meet the high-cost of living by bargaining determinedly with all food-choker-off-ers and if they don't give in, she can organize and pull a boycott, a sort of sitdown buyers' strike. (And while the following is a bit off the subject we can't resist putting in about that Soviet foreman in charge of shipping lumber. In competitive days under the Czar he'd learned to load ships light by building at night a false bottom in the ship to be loaded. Although under Socialism he had nothing to gain by this, the habit was so fixed in him that he continued cheating comradely consumers' co-ops and couldn't be made to see the light until he'd been arrested three or four times. Likewise, the leading purveyor of fruit juice drinks under the Czar held on to his recipes for palatable adulterations until the Soviet showed him up by going back to the root of the matter and making drinks of pure juice alone. And finally these fine drinks aroused the respect of the old drink-waterer; so he went to work for the beverage trust, adding his skill and technique to making what are now the finest, purest fruit drinks in the world.)

Though our own Government supports the competitive system which carries its share of germs of capitalist decay which one day will destroy the whole barrel, it gives honest advice about sharp practice and tells the consumer how to get his money's worth if he's

smart. So send a nickel (in coin, not stamps, and don't ask us why the Government refuses the sticky little lozenges of paper it prints and sells for postal service at a price much higher here than in any country we know of) to the U. S. Department of Agriculture in Washington for Miscellaneous Publication No. 167, *A Fruit and Vegetable Buying Guide for Consumers* by R. G. Hill. We have used this bulletin with profit in our own summary of how to get your money's worth in buying fruits, but there's much more detailed information than we can pack in half a dozen pages:

Apples. An apple a day may not keep the doctor away, but it'll keep almost anybody from falling for the phoney laxative ads. Since there are 500 different kinds on the market, don't buy just "apples." The kind we get in the East called MacIntosh are a little more expensive, but we use their excellent flavor and juicy snap to judge all others. No apple should be too ripe, bruised or spotted. Medium-sized, thin-skinned ones are apt to be juiciest. And now that workers are demanding something more than the core, it's a good idea to list the most popular kinds and the seasons when they're cheapest. The Consumers Union's *Buying Guide* has summed up the apple situation for us, as follows:

Favorite cooking apples are those having a slightly tart taste (Wealthy, Jonathan, Willow Twig, and Rome Beauty). Grimes Golden, Delicious, and Stayman Winesap are excellent dessert apples — but let us add that the MacIntosh is best of all.

September — Gravestein, Wealthy
October — Jonathan, Grimes Golden, Delicious
November — Jonathan, Spitzenberg, Delicious, King, Twenty Ounce
December — Jonathan, Spitzenberg, Stayman Winesap, Delicious, Northern Spy, Rome Beauty
January — Spitzenberg, Stayman Winesap, Northern Spy, Rome Beauty
February — Baldwin, Rhode Island Greening, Yellow Newton, Stayman Winesap
March — Yellow Newton, Stayman Winesap, Willow Twig
April and May — Stayman Winesap, Willow Twig, Yellow Newton.

So don't be satisfied with just "apples," like those recipe writers who say "add a cup of fish" without saying what kind and knowing why that kind is best.

No summer apples are mentioned in this Consumers Union list, but local varieties known as "Harvest apples" are fine, though usually they won't keep. Most apples improve by long keeping, in fact "a last year's apple" is demanded by epicurean orchardists and readers of Proust.

To our mind there's no better Sunday night supper than snow apples and a jug of sparkling hard cider, each trying to outsnap the other. Snow apples are so small and delicate they're often eaten seeds and all, so "there ain't gonna be no core." And for jelly, the ugly little crabapple that's much too puckery to gnaw raw, is a natural. Any other apple sliced into beer soup, or made into a Waldorf Salad with celery and nuts, is something to brag about.

Apricots. Best, of course, are tree-ripened. Since they're perishable they're best buys only near where grown in California, Oregon and Washington. The Persians call them "sun eggs," which shows they shouldn't be picked green.

Avocados. (Alligator Pears.) Called "tropical salad fruit." There are many different kinds, those from California trade-named *Cal*avo (California and *avo*cado) those from Florida, Flavocado. Rough, thick-skinned ones are fullest of flavor. When ready for eating they must be soft as butter (in fact, they are fresh vegetable butter). Don't buy them when bruised or discolored. Cheapest in fall and winter.

Bananas. Ripe bananas are best and can be bought advantageously when dealers can't keep a big ripe stock over the week-end. Must be fat and juicy with brown spots proving they're sugary. Don't be afraid of black skins if the fruit is sound inside. Bananas, by the way, are the only fruit we know that actually improves by being picked green. Yet we remember the rarer flavor of the naturally ripened fruit in Brazil.

Berries. Must be fresh and plump. Red raspberries mildew quickly and should be used at once. Always have the seller turn out the berries so you can see what's on the bottom, and remember that "short pack" cheating in measure is common sharp practice.

Never buy "a pig in a poke." This business of buying sight-unseen, for which we fall too easily in our hurried, harried struggle for any life at all, only profits the seller. Berries with their caps on are likely to be green and juiceless. Make sure they're plump and juicy, but not wet and soggy, for then you'll waste more than you'll use. Your eye quickly learns to detect ripeness by full color and it's always a good idea to taste a berry or two if the seller is willing; and if they're any good at all, he is, for it pays him to let you prove "the pudding" by eating thereof.

Blueberries are a better buy than drier, too seedy huckleberries.

CHERRIES. Sour cherries for cooking, sweet ones for eating. They must be bright and shiny, fat, yet firm. Look out for worms and dull-skinned ones, which show they're too long off the tree.

CRANBERRIES. Good ones must be crisp and tender; by pressing one between thumb and forefinger you can hear the hearty snap. Those out of cold storage are apt to be leathery, shrivelled, soggy, or all three. As with all berries, they should be bought as fresh from the bush as possible. For making jelly and most preserves, fruit shouldn't have been picked earlier than the day before it's used. The fresher the better; and the most pectin, when it is a bit under-ripe. Pectin is the jelly-making constituent and it can't be duplicated by manufactured pectins, no matter what the siren ads say.

FIGS. Come in all colors of the rainbow and all sizes, each as good as the other in its way, but every one of them must be mellowly ripe to be worth a damn. They sour and ferment quickly, so watch your step! Many are being shipped from the blooming deserts of Arizona and New Mexico and we buy them in Paddy's market in prime condition for a cent apiece. With cream, they make as exceptional dessert as peaches and cream, at about a nickel per eater.

GRAPEFRUIT. Seedless ones are a better buy than those full of big slippery buck teeth that sometimes take up half the space inside. But the best way to recognize your money's worth is by weight in relation to size, the heavier, the more juice for your money. Russet grapefruit looks rusty and on that account is sold cheaper in some places, but the flavor is just the same, or even better — as with brown and white eggs, white eggs always sell at a premium in

New York while in the middle West brown ones may cost a little more. But both have the same nutritive value, which Consumers Union says is also true of Grade A and Grade B milk.

Our pick of grapefruit is the pink-fleshed seedless one from Texas. It's delicately yet fully flavored, pretty to look at and shouldn't cost more than the pallid white kind.

Grapes. There are so many kinds of grapes, both domestic and imported, that only general rules can be given. They must be plump, heavy, fresh looking, fully colored and stuck firmly to the stem. If you gently shake a bunch and the grapes rattle off like hail it's no good — and the seller will curse you, besides. But what are you going to do? It's always wise to sample one, for some of fine quality when kept packed in sawdust too long taste like old corks.

One of the best seasonal buys is the small seedless California kind that's been burbanked. It's easy to eat and sweet as Tokay wine.

Lemons. Thin skin and golden color for plenty of juice. Some of the small thick-skinned ones are a bad buy; they don't give as much juice as a lime and are little better value than the old wooden nutmeg. Lemons are cheap in California, which produces the bulk of our supply, but in the East they're two or three for a dime even at the height of their season. At the same time, however, they're peddled on the pushcarts, just as good, even better quality, at five or six for a dime, but here you have to watch out for tiny ones, no bigger than pullet eggs, and both of them look fair-sized if there isn't a regular lemon or cackleberry handy to compare them with. To keep lemons fresh drop them in a jar of water and take them out as needed. That keeps them juicy and prevents the skin from mummyfying.

Limes. Dark green ones are prime and the best of these are the big ones called Persians. But unless one is addicted to the piquant flavor of limes in sloe gin rickeys and such, we consider lemons, even small ones, a better buy.

Muskmellons or Cantaloupes. Since most melons for market are picked green in the condition known as "half-slip," they're usually pretty punk and it's wise to ask for a slice of the same run of melons before buying. We've wasted so much money on these tasteless muskies that we're almost afraid to look one in the squinting half-slip eye. They're tempting to view, and sometimes wink at

you, but you simply can't tell anything about the taste from outside appearance, except by smelling the stem end and that takes a really educated smeller. Finely-netted Rockyfords are fairly safe. Ripeness can be told by pressing; if it's firm and elastic that part's all right. With honey-dews and honey balls, however, it's wise to keep them a long time until you're dead sure they're dead ripe; otherwise you'll just have to throw them away. No melon should be kept in a damp place — that takes the flavor out.

NECTARINES. This cross of apricot and peach is pretty to look at, but usually not as mellow and full-flavored as either a peach or an apricot just by itself. In fact, if you bite into a nectarine with your eyes shut you'll say it's just a hard, tasteless peach. We've never had them fully-ripened from the tree, so this goes only for the kind picked green and shipped all the way across the continent, bumpety-bumpety.

ORANGES. See *21 Ways to Eat 1 Orange*. The best buys in this line are "grove or orchard run" trucked direct to town markets; they may not look as fancy because they aren't washed, waxed or polished, but they taste every bit as good, nay, even better. In New York's pushcart market known as "Paddy's" we always find bargains in the tangerine types, big King and mandarin oranges and the smaller satsumas, sometimes bursting in taste, and we pick them for tightness of skin in relation to weight. The light ones with the loose wrinkled skins simply aren't worth buying. Get the cannon-ball kind which go two or three for a nickel in season, after the *bon voyage* baskets have been filled with all they can hold, at a dime apiece.

PEACHES. A peach may look pretty and yet taste pretty punk; so the only sure test is to eat a slice. As with apples or tomatoes, when buying by the basket, ask to see what's at the bottom and if there aren't too many tiny, green, gnarly, wormy and rotten ones, they're worth buying if the price is fair. Reject spotted and bruised ones — too much waste.

PEARS. Weight according to size is the best test, but as with peaches, it's wise to taste before buying. You can always buy one to test, and that may save you the price of a whole worthless dozen.

PINEAPPLES. The only test for ripeness is to pluck a green blade

from the center of the bunch that thrusts out at the top. But smell also comes into play, as with melons. Like figs, pineapples quickly ferment, so don't buy any with soft spots or squashy bottoms. As a matter of fact, although we always prefer any fresh fruit to canned, the Hawaiian canned slices and spears have an advantage over the fresh fruit in that they are picked fully ripe. We like the snap of a fine, fresh pine, but when we stop to figure that it costs three or four times as much as the canned article we pass it up. In general, a good canned brand is more dependable and brings with it a whole lot of appetizing juice that comes in handy for drinks and sauces. So, our mind is made up that canned pineapple is the very best fruit buy the year 'round. You're certain of quality with absolutely no waste. And canned slices or spears are a much better buy than just the juice, because you get both the fruit and a richer juice.

Plums and Prunes. Prunes are a species of plum best suited for drying, but when fresh they're as fine as any plum or apricot. In fact Damsons are shipped from Washington under the name "Italian prunes." A grandmother of ours had a prune tree on her front lawn in Lansing, Michigan, and when the fruit was ripe we couldn't get enough of it. But since most of us haven't a yard, let alone a prune tree, we'll have to use what plums we can get and these are usually good value, if mellowly ripe but not squashy. Since the flavor varies widely with different kinds, it's always wise to sample one before buying a whole basket, for a juiceless plum can be as unpalatable as a wrinkled sun-dried prune. Try peeled green-gages just plain for Sunday night supper, or plum cake with tea.

Pomegranates. One of the best pushcart buys we know is this classical food of Prosperpine, now grown abundantly in the West and shipped everywhere. The heaviest, biggest sunset-glowing ones are most-for-your-money and that money is usually a nickel apiece, or less, because only foreigners, Greeks and Italians especially, really appreciate this exceptional fruit. We Browns like the bitter-sweet tartness, yet often we leave them sitting around till they begin to wizen and dry, because we like their exotic decorative appearance even more than that of Mexican ornamental gourds — probably because you can actually eat them after enjoying their colorful warmth. And another reason we don't rush to eat them is

because they're too hard to get at and then nibble, pip by pip. That's one way to eat them, but the worst. It's better to collect a mouthful at a time; but the easiest way is to cut a wide hole in the end, being careful to get rid of all bitter skin and then squeeze gently and suck as you would an orange. Very gentle squeezing is necessary, because if you bruise the skin or any of the million membranes, fibres, cores, or even the seeds themselves, you get a mouth-puckering dose. The juice makes a good drink by itself, with ice and plain or fizz water — we call it pomegranatade. You can also put a kick in a fruit salad by squeezing some tart pomegranate juice over it, or add a refreshing acid touch to such a drink as a gin rickey. But time and trouble must be taken to get only the juice of the pips and none of the skin, pith or seeds. The Syrians remove the pips in clumps, cut away the bitter cores and stew with sugar, flavoring with rosewater at the finish.

Quinces. To be worth buying, quinces must be firm, but not hard; and yellowish, but not green. Otherwise they're too puckery for eating. The immature kind aren't even fit for canning, and bruised or wormy ones aren't worth carrying home.

Strawberries. Wild strawberries are most flavorsome, but they seldom come to market; so, among the tame varieties, pick fresh, bright-colored ones, not for bigness, but for soundness of meat, because big ones can be almost as pithy as overripe radishes. Unlike other berries, it's safest to buy strawberries with their caps on; capless ones are likely to be mushy and worthless. Again, the only sure test is to taste one and, of course, the box should be dumped out into the dealer's palms to see just what you're getting at the bottom.

Watermelons. Don't buy a watermelon without having it plugged. If the melon is big, the rind thin and the flesh deep red and juicy you'll find it good fruit value for the money. The bigger the melon the bigger its heart. And since watermelons that get to the city are high in price from their first appearance on Fourth of July all the way to Labor Day, don't waste the rind; preserve or crystallize it. The seeds when dried make good eating, too; so no part of a watermelon need be wasted. Not even its pig-tail stem which, if properly curled, can be worn as a ring at any watermelon-eating festival.

XXIV. *Fruity Desserts*

The best thing about an Italian mid-day meal is that instead of a fancy dessert a bowl of fruit is put in the middle of the table. And likewise, there's always a compote of stewed fruit to end the evening meal. Nothing could be better to counteract the over-starchiness of a spaghetti diet — or a potato and bread diet like ours. So here are suggestions for serving fruit in season which needn't cost as much as the average dessert and should satisfy any healthful appetite:

One peeled pear with a piece of very tasty hard cheese such as Parmesan to nibble with it. The cheese needn't be bigger than a twenty-five cent piece and the pear should be pared the last minute before serving, so it'll be fresh and juicy and won't have time to get discolored.

When peaches are in season it's worth while to splurge on peaches and cream, since no other combination is quite so yummy. Half a pint of cream should do for six sliced portions; so the cost of this unbeatable dessert needn't be over a nickel per person, cream and all.

For fruit cocktails, salads, cups and compotes buy a "baller" at the 5 & 10. With this handy cutting cup you can turn contrasting balls out of melons and fruits and pile up luscious mouthfuls. One advantage of a "baller" is that you can salvage the sound parts of

bruised fruits which are too far gone to be served whole, and it makes any fruit go farther. It's fun to experiment with tutti frutti combinations in this way, and please remember that the juice of unripe grapes or lemon juice snaps up any fruit cup or salad, while vinegar may spoil its flavor, except maybe wine vinegar.

In the Soviet, ice cream and compote are the favorite desserts. The compotes are simple but delicious, made of fruits in season, the more different kinds, the better, just stewed together with sugar and served cold in their juice. In contrast, fruit salad is popular in England where both fruit and money are much scarcer among the workers; so their salad is a watery concoction with a few discolored slices of banana floating in it and a couple of wilted grapes cut in half.

Everybody dotes on baked apples and knows how easy it is to make a dish of them, but we're likely to forget that baked pears, peaches, plums, quinces, oranges — almost any fruit is just as salubrious and easy to do in this fashion:

Here are sample recipes:

RUMMY GRAPEFRUIT

Cut 3 heavy grapefruit in halves, remove seeds, but not the core, and loosen pulp from skin and section membranes. Cover with sugar to start the juice running and after ½ hour add more sugar and let stand another ½ hour. Then put in baking pan, add still more sugar and 1 tablespoon of rum or brandy to each half. Bake for 25 minutes in a hot oven, take out and let cool. Meanwhile stir some more rum or brandy into the pan juice and you have an intoxicating sauce to pour over the fruit. If California brandy is used, this costs less than 10¢ a serving and is worth it.

CLOVE PEACHES

Pare and halve firm, ripe peaches, put in buttered baking pan, stick 3 cloves in each half peach and fill the hole with 1 tablespoon sugar, dot with butter and sprinkle with lemon juice. Cover and bake in slow oven until peaches are golden brown. Serve hot, and if there is any juice left in the pan pour that over them.

BAKED PEARS

You don't want expensive California pears for this, but any good-sized hard pears, usually with a green skin, although ripe, costing 2 or 3¢. Peel 6 pears, halve lengthwise and dig out core and seeds. Put in buttered baking dish and sprinkle with two tablespoons of sugar in which you've mixed about ⅔ of a teaspoon of powdered cinnamon. Put ½ cup of water in the pan, cover and bake in moderate oven until pears are soft enough to stick a fork right through — this may take an hour. Chill and serve plain or with whipped cream. We don't think adding the whipped cream is worth the difference, but many people do. You may be able to make whipped cream out of a good brand of evaporated milk, according to directions on the can, but we have trouble in making this stand up long enough.

STEWED PEARS

Slice 1 beet and cook it 20 minutes in 2 cups water, saving only the red water. Pare, core and quarter 3–4 ripe pears, cook these in the beet water, sweetened to taste and seasoned with a little grated lemon peel. This makes an appetizing, rosy-pink pear.

BREAKFAST SHORTCAKE

Everybody falls for a berry shortcake, especially strawberry, but to make a good one it's necessary to mix a dough and bake. Easy imitations are made by splitting a store cake and heaping juicy crushed strawberries between layers, but we've discovered a quicker, cheaper substitute that we like, although it also only slightly resembles the real thing. Let's call it Breakfast Shortcake. Fill your individual cereal bowl ⅔ full with a good hot cooked cereal such as oatmeal, frumenty, or Pettijohns and plant a big pat of butter in the middle. Have ready plenty of cold strawberries crushed with sugar in their own juice, heap it liberally on top of the cereal and dip your spoon deep, bringing up the buttery hot cereal with a sauce of fresh strawberries and juice. You'll find that the steamy exhalation of the cereal mingles so perfectly with the fresh berry flavor that if you close your eyes you'll have a hard time telling it from a real old-fashioned shortcake. You can use a

butter substitute at about ½ price. We like the vegetable Nucoa for cooking and in some dishes it's hard to tell from real cow butter, although none of these margarines, derisively called "bull butter," can equal the real thing.

The old saying that "fruit is golden in the morning, silver at noon and leaden at night" has about as much scientific basis as most old sayings. A Chinese friend told us he was brought up on midnight feeds of fruit left over or thrown out in the market where he worked, and he grew up healthier than any rice-fed coolie. For us, oranges are golden in the morning and apples equally golden at night, although we do think that cooked fruit is more digestible than most raw fruit for the evening meal, and an apple before bed may bring the doctor instead of keeping him away; it all depends on personal reactions.

If you live where you can get it, juicy joints of sugar cane, cut in handy lengths and peeled, make a novel and satisfying dessert at a fraction of a cent a piece. Fresh figs are about the finest fruit we know, and they're now produced so abundantly in the South and West that they shouldn't cost more than a cent or two apiece. They're perfect to eat out of hand or to skin, slice and serve with sugar and cream, plain or whipped. And this goes for fresh guavas too, if there're any around. And peaches, of course — always ripe peaches and rich cream, if you can afford a nickel for dessert. As for grapes, the small, seedless green ones are our pick of the pushcart and we eat them vineyard style by throwing the head back and holding up a whole stem of them above our lips. As Caruso gargled his spaghetti, we nibble off half a dozen at once to make a whole mouthful of grape juice at a time. But maybe it's more refined or something, to pick them off one at a time; so if you eat them that way, please wait until you've got a palmful and then pop them into your mouth all at once. It'll be a pleasant surprise to your taste buds, for the juice of each grape helps flavor the other and your palate gets a big kick out of that.

We don't want to be accused of tempting to extravagance by giving sweet cream as an ingredient; we'd rather use sour cream or evaporated milk; yet some fruits, especially peaches, fresh figs and strawberries simply holler for cream; so try sour cream at

half the price of sweet, because only "foreigners" go for it; it's pure and harmless if you get it from an honest dealer. Cover the sour cream with sugar and dip strawberries in, holding by the stem, English fashion, and bite them off from the hulls one at a time. The snap of the sour cream livens the fruit and the combination with sugar gives that "sweet-sour" relish which the famous chefs of Strassburg strive for.

Cranberries should be cooked whole; and if you haven't tried it, you can't imagine how much is added to the flavor of cranberry sauce by strewing on top a few crushed nuts or almond slivers. Also, try a cranberry juice cocktail for a change and mix cranberry sauce in your next tapioca pudding.

Fruit bars are a cinch to make at home and of course these are much better and cheaper than any you can buy. Just grind up any mixture of dried fruits (which you are sure haven't been preserved with too much sulfur dioxide) with peanuts, pine nuts or any good value in nuts and press them together. The fruit paste will make them stick together. Dust with powdered sugar and cut into handy bars for yourself and the kids. Dates are great for this and almost as cheap as sugar, and figs are equally fine, but more expensive. By the way, try slicing dates on custard or into a lettuce salad. Beware of raisins, dried peaches, pears and apricots, however, for in spite of government regulations against poisoning, the greedy driers and packers often use too much poisonous sulfur dioxide to preserve them. So let them eat it themselves.

If you can get honest dried fruits that come within the U. S. Food and Drug limit of 350 parts by weight of sulfur dioxide in a million parts of dried fruit (including most brands of prunes), try soaking them in a little grape juice or California sherry. Then you've got something!

FRESH FRUITS ICED

Beat together the white of 1 egg and 2 tablespoons cold water. Dip in selected bunches of seeded grapes, roll them at once in powdered sugar and place them on a sieve to dry. When dry keep in a cool, dry place until wanted to serve. Currants on the stem, plums, cherries, large sound raspberries or strawberries may be iced in the same manner.

CANTALOUPE

Wash thoroughly, dry and lay in a dish on ice till serving time. Never allow ice to touch the flesh of a melon as the moisture injures its flavor.

FRESH PEACHES

Choose large, fresh, ripe, juicy peaches; pare, and cut into luscious mouthfuls. Sprinkle with granulated sugar, put into the freezer and half freeze them. Do not remove from freezer until the moment of serving, then sprinkle again with sugar and arrange in a glass dish. Canned peaches may be treated in the same manner.

GRAPES. Drop the bunches into ice water for 10 or 15 minutes before serving.

PINEAPPLE SPEARS. Turn out from can, pour sherry over and chill for 2 hours.

PRUNES. Soak ½ pound of prunes in tepid water for 2 hours, then boil gently until half done. Sweeten to taste, add ½ cup of wine and eat hot or cold.

BANANAS

Saturday bargains usually give one the very best bananas, fully ripe ones, freckled with brown sugar spots, which will not keep for sale on Monday. These are marvellous simply grilled or baked in their skins until the outside is nearly black and the inside is soft. They must be eaten as soon as done, served whole, each person slitting the skin with a knife and sprinkling sugar and cinnamon on the steaming pulp.

Or a half dozen, peeled, broken in two, and laid in a deep bowl, with lemon juice, plenty of sugar, and bits of lemon (rind and all except the seeds) scattered through. Bake until the top is browned and the fruit is soft but not mushy. They form their own juicy sauce.

Split and rolled in flour and fried, they are a treat with meat, especially sausage, and they look pretty on the same platter with it.

Peeled, split, and grilled, they are a tasty accompaniment for chops, especially pork chops.

A cupful of mashed bananas with juice of a lemon, sugar to taste, and two cans of evaporated milk makes good ice cream. A cupful of sliced bananas is added after freezing commences.

If the bananas are not too ripe, they can be cut into thinnish lengthwise slices and fried, after being dipped in sugar. Or they may be thinly sliced diagonally, dredged very lightly with flour, shaken to remove superfluous flour, and fried in deep fat like potato chips — no sugar with these, but you might like to salt them very lightly.

CANDIED FRUITS

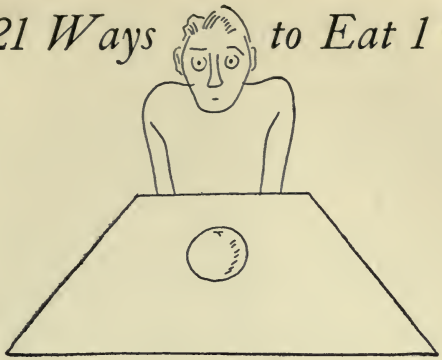
Prepare a thick syrup with 1 cup of water to each pound of sugar; cook in this until tender, but no longer, sections of citrous fruits, slices or bits of peaches, plums, pears, apricots, cherries, or almost any prepared fruit. Let fruit remain 2 days in syrup; then take it out, drain, and sprinkle sugar over each piece separately. Dry them slowly in the sun or in an oven not too warm.

Sections of orange, grapefruit and tangerine, lightly warmed until skin dries and then chilled, are fine just plain or in this candy syrup.

APPLE GINGER PRESERVES

Tie a little ginger root in a muslin bag and boil in clear water until the water is well flavored. Make a syrup with 1 cup of this water, 1½ cups sugar and juice of half a lemon, to 1 pound of apples. When syrup is skimmed, boil in it a few quarters of the apples at a time, until they become clear — not a minute longer — and remove carefully. Replace apples in syrup when it becomes cold.

XXV. *21 Ways to Eat 1 Orange*



Much of the value of food is lost by serving it dully.

To get your money's worth out of such a common thing as an orange, for example, you should eat it in the way that's most attractive to all the senses of sight, touch, smell and appetite. That's how they do it in Spain, the West Indies, Brazil, Florida, California — in fact everywhere that oranges are raised.

1. The very handiest and juiciest way we have ever encountered is to jab a strong steel fork through the blow or blossom end (the other is the stem end). Hold your fork straight up in the air, as table manners say you shouldn't, and with an extra sharp steel knife cut off not only the skin but an eighth of an inch or less of the pulp beneath, so the juice begins to bleed and there are no dry tough membranes to obstruct your hearty tooth work. Cut off all the skin, that is, except a small cup of it just around the fork, which part you loosen up to catch the juice, and that's the reason the fork is held upright. Also, it's important to jab that fork right in to the hilt to keep the orange from wobbling, since this slicing art is a little strenuous. The knife must be steel and very sharp. Steel is the only metal that should ever touch any citrous fruit, since it doesn't affect the taste or change the temperature as other metals do.

When finished you have the most enticing juicy globe you ever sunk teeth in. Then all there is to do is hold the fork steady while you chew your way around, occasionally supping up the juice that quickly collects in the little cup of skin at the bottom. We can

never think of oranges without seeing Art Young's cosmic cartoon of that swollen profiteer squeezing the juice of an orange into his lardy face while a hungry little you-and-me stands between his legs, about knee-high to that whopping grasshopper, catching the drip.

Although there are easily 101 ways to eat 1 orange, we haven't room to list them all here; these samples must suffice:

2. West Indian Juice and Pulp — pick out a thin-skinned, ripe and juicy orange for your victim. Roll or knead it as you would a lemon to gently break down some of the juice cells. Then take a thin, springy knife of trusty steel, sharp enough to slash a seed in two as neatly as a razor severs a hair. Cut over a bowl to catch the juice as you pare the skin off deeply in a continuous spiral, just as you peel an apple in the Halloween game of throwing the skin over your shoulder to divine the initials of your future mate, or something. Drop the bleeding orange into the bowl and gently press out all the juice that flows freely. This you drink, and you'll find its flavor miraculously better than just mechanically reamed juice; for it is the virgin sap, unmixed with pressed pulp, the same as the grape juice which makes the first *cru* of fine wines (indeed the best Tokay is obtained from grapes that press themselves by their own weight).

The orange pulp is then chewed from the slightly pressed core, and in order not to waste anything you can throw the skin over your shoulder and read your fate, or better still, keep it to drape from the rim of a tall drink glass and spiral down in the liquid in the style known as Horse's Neck.

3. Sucking — first roll a thin skinned orange (the kind called Valencias in the trade) on a board or between your hands, to start the juice running; then with your sharp knife cut away all the oily, bitter, colored skin at the stem end, leaving a wide rim of the white to soothe the lips. Ream the fruit with a thin blade, cutting away top tissues of the sections and starting the juice sluicing from all of them. After that Nature tells you just what to do.

4. Sweet sucking — make a little bigger hole and push one or two cubes of sugar well down toward the center, then suck the juice through the sugar, as Russians suck tea by holding a sweet

lump of candy or sugar between the teeth and inhaling the hot tea through it. Or improve on this by thrusting a piece of peppermint candy stick straight through the middle, from hole to heel, and suck up the juice with that fine flavor added.

5. Cinnamon-flavored — push down a couple spoonfuls of cinnamon sugar in place of the cubes, or use the tiny red cinnamon drops that also flavor baked apples. You might like to suck it through the natural straw of a whole cinnamon stick instead; or give it a mint flavor by pushing in a couple of life-savers, or add spicy oriental zest by sticking in 3 or 4 sen-sen pellets, licorice — almost any high-flavored candy that will dissolve as quick as sugar.

6. Alcoholic — first soak your sugar cube in rum, kirsch, curacao, brandy, or your favorite liqueur. This makes a fresh fruity cocktail. There's no objection, of course, to mixing your drinks in this innocuous style; so soak one lump in rum, and the other in whatever liquor or liqueur you fancy, even gin, to make your own Mr. Boston.

7. Halving — cut a wide strip of the colored skin around the belly band, leaving the white. Slice orange in half and gnaw, or spoon out the contents with a pointed spoon.

8. Mexican style — as above, but sprinkle with coarse salt, and red pepper.

9. In quarters or eighths — halve each half or quarter it, to make handy mouthfuls for snapping up with the teeth.

10. In sections — peel away all skin, or knead it a little and strip off with your fingers; remove any white or membranes, separate into sections and either remove the fruity cellophanic wrapping from each or eat them individually as is. Or split lengthwise and suck the flesh out of the tissue wrapper.

11. In Segments or Wedges — peel deep with a sharp knife so not only skin and white are sliced off but the top membrane of the juicy meat as well; leaving it exposed. A sharp steel knife is necessary because a dull one will make the juice bleed. Always remember — never use a silver fruit knife on an orange, not only because it's dull, but because it spoils the taste, and is too good a conductor of heat. Steel ruins the flavor of some fruits, but not the citrous ones. Cut down through the flesh on both sides of dividing membranes and lift out the segments or wedges one at a time and pop into

your mouth. You'll find these more succulent than sections still wedded to the membrane. The easiest way to do this is to jab a fork in the end all the way down to the core, to use as a firm handle.

For this method, the bigger the orange, the better. A variation is to peel off only the acid colored skin that bites the lips and then slice off irregular wedges from end to end, using the white pith as a handle in eating.

12. Sugared Wedges — heap in a saucer the kind of sugar you prefer, granulated, powdered, brown, maple, or even colored. Make wedges as above and dip in each slice expertly on its way to your mouth. A few drops of orange flower water, curacao or rum sprinkled over the sugar gives a fragrant, elusive overtone.

Try this with maple syrup or honey, if you will, and even add dashes of liqueurs, rose water, Angostura Bitters or one drop of Tabasco.

13. Rummed Wedges — vary the above by filling your saucer with kirsch, cognac, curacao, rum or any favorite tipple, with or without sugar, and just dunk the wedges ad lib.

14. Peppy Wedges — do them Tehuantepec style for a change by just touching an edge to salt and red pepper, or paprika, mixed in your saucer. This really gives an amazing flavor, if not used too hot, but maybe you have to be born along the Texas-Chili border to really go for it in such style. But pepper and salt do make oranges sweeter the same as they do honey-dew melons, and they also are supposed to help one digest them.

15. Rim Triangles — leave skin and everything on, slice the orange into rounds of pleasing thickness, as you would cut up a whole loaf of bread. Then cut each round or slice into handy triangles and use the rim of skin for a handle to lift them to the mouth one by one. Eat as is, or dip in anything sweet, or peppery. Perhaps you'd like to try them with a touch of ground cloves or ginger for a change. There's no law against experimenting.

16. Whole sliced — peel with a sharp knife, right into the juicy meat, then slice down in whole rounds, sift a little plain sugar, or fancy sugars, each of a different color or flavor if you like, between the slices, sandwich them up in the original orange shape and you have a flavorsome melange or rainbow to fork into your mouth slice by slice, or cut down in mouthfuls with a sharp knife. And don't

let us discourage you from seasoning one layer sweet and the next salty or peppery for piquant contrast. Go as far as you like, dust on different spices, sprinkle on a drop or two of Tabasco or Angostura Bitters. There's plenty of gastronomic authority for all of these and more besides. And by the way, the smallest oranges are best for slicing and often as sweet as though you'd actually stolen them.

17. Crosscut slices — cut the peel right off to the juicy meat. Then instead of slicing straight down, slice on the bias, removing any outstanding pith or membranes. Cut these slices in ½s, ¼s, 8ths, 16ths, or hash them, but be sure to catch all juice in a saucer and eat everything out of it with a spoon, plain or seasoned to fancy.

18. Creamed — dab cream cheese, mayonnaise, or whipped cream on oranges sliced in any style you fancy.

19. Rolled — like candied apples on a stick, oranges may be peeled right down to the juicy meat and then rolled in coconut, crushed peppermint stick or cinnamon drops, cocoa, paprika, crushed ginger nuts, or any spicy dust you say; harpoon firmly with your fork and nibble around at leisure.

20. Skewered or pegged — in Kingston, Jamaica, at the colorful Hallelujah Market, oranges are sold freshly pared to the pulp, run through with wooden skewers, a small patch of skin left at each end to hold the stick tight. They're eaten on the spot, simply by holding at both ends and rotating the luscious morsel between the lips for snatching juicy bites. The same custom prevails throughout the West Indies, from Bermuda to Trinidad, and is commonly called "pegging."

21. Fancy forking — all eating of whole oranges impaled on forks is but a refinement of the skewer method, to avoid using both hands. But there are even fancy refinements of orange forking, adopted by ladies who don't like to smear the lip-stick all over the ears. One is to leave the skin on and cut in six or eight slices, not around the middle of the orange, but from stem to stern. Then each slice is impaled with a fork through the skin; seeds and excess membranes are cut away, and the new-moon segments chewed most elegantly, while held horizontal with the fork.

In preparing oranges whole, it's well to recall the Assyrian prov-

erb — An orange is like a cat on a chimney pot. It may look round to you, but it isn't.

And another good saw to remember is — The more juice in the eye, the less in the mouth.

People in prunes-and-prisms days used to say with shocked modesty that oranges shouldn't be sucked in public and that really the only suitable place to consume one was in the privacy of the bath tub. They're wrong; that's the proper place to mangle a mango.

Here's a juicy quotation of those orange horrors, from *Cranford:*

> When oranges came in, a curious proceeding was gone through. Miss Jenkyns did not like to cut the fruit for, as she observed, the juice all ran out nobody knows where; sucking (only I think she used some more recondite word) was, in fact, the only way of enjoying oranges, but then there was the unpleasant association with a ceremony frequently gone through by little babies and so, after dessert in orange season, Miss Jenkyns and Miss Matty used to rise up, possess themselves of an orange in silence and withdraw to the privacy of their own rooms to indulge in sucking oranges.

Some people like to chew the fresh peel or just sit for a while and smell it, and we see no harm in that, unless it's one of those "Color Added" abominations. The only fit use we can think of for those fakes, that even come tied up in red bags so they'll look healthy-cheeked until you get them in your hand, is to turn them inside out as containers for blue-flamed *Café Diable*, or to make one of those silly little scalloped baskets with or without a bow-ribboned handle, to hold the inedible pats of fruit salad with which customers are molested at penthouse pink teas.

Half of the promise of an orange lurks in that natural golden glow which gave it the name "Golden Apple" in ancient days. Oranges too were then considered to be the mythical ambrosia that the gods snacked upon; and some sentimental prohibitionist or fruitarian once jingled:

> "Here's to the orange,
> The fruit divine,
> Whose golden juice
> Is better than wine."

But the chorus to this is obviously "Oh yeah?"

XXVI

Sweets

PULLED TAFFY

Put 1 cup granulated sugar, 1 cup brown sugar, 2 cups molasses, 1 tablespoon vinegar and ½ cup water in sauce pan and stir until sugar dissolves. Boil until a little dropped in cold water makes a hard ball when rubbed between fingers (265° F.). Add 3 tablespoons butter, let it melt, then remove from fire and stir in ¼ teaspoon soda. Pour into oiled shallow pans and when cool enough to pull, add a teaspoon vanilla or lemon extract, or 4 drops bitter almond, or ½ teaspoon of peppermint or wintergreen essence. Pull until light colored and porous, stretch to a rope about half an inch thick and cut with shears into inch lengths. Wrap pieces in waxed paper.

DIVINITY FUDGE

Boil 2 cups light brown sugar and ½ cup cold water until mixture forms a firm ball when tried in cold water. Beat 1 egg-white until stiff, add syrup slowly, beating until creamy. Add ½ cup chopped nut meats and 1 teaspoon of any desired flavor. Drop on waxed paper in lumps. Candied fruit or coconut may be substituted for nut meats.

PEANUT BRITTLE

Put 2 cups granulated sugar into heavy pan and melt, stirring constantly to prevent burning. Scatter a cup of shelled and skinned peanuts on a greased pan and pour syrup over them. When hard break into pieces.

PEANUT CRISP

For 1 quart peanuts shelled and skins removed, take 1 pound sugar. Roll peanuts fine. Put a skillet over heat and when very hot sprinkle in a little sugar, stirring rapidly. As soon as it melts, sprinkle in more until all the sugar is in, being careful not to let it burn. Then add a teaspoon of vanilla, stir in the rolled peanuts and pour immediately into shallow tins, buttered, spreading very thin.

POP CORN BALLS

1½ CUPS POP CORN
2 CUPS MOLASSES
1 CUP BROWN SUGAR
1 TABLESPOON VINEGAR
2 TABLESPOONS BUTTER
½ TEASPOON SALT

Pop corn, discard unpopped kernels, put in large pan and sprinkle with salt. Melt butter in saucepan, add molasses, sugar and vinegar. Boil until a little of mixture tried in cold water becomes brittle. Pour gradually over corn while mixing thoroughly. Shape into balls and wrap in waxed paper.

For a kids' party insert a tiny surprise package in the center of each while shaping.

LOLLIPOPS

1½ CUPS GRANULATED SUGAR
¾ CUP WATER
½ CUP CORN SYRUP
FLAVOR

Put sugar, water and syrup in saucepan, and boil to the brittle stage. Flavor as desired and turn into buttered pans. Form into small balls as soon as candy can be handled and insert wooden skewers. Flavor with a few drops of oil of cinnamon or wintergreen or peppermint for a change.

PLAIN FUDGE

2 SQUARES CHOCOLATE
¾ CUP MILK
2 CUPS SUGAR
2 TABLESPOONS BUTTER
1 TEASPOON VANILLA

Cut chocolate in small pieces, put in saucepan with milk and sugar over low heat and stir until chocolate melts. Continue cooking until a teaspoon of syrup will form a soft ball when dropped in

cold water. Remove pan from heat, add butter without stirring and set in a pan of cold water. When lukewarm, take pan from cold water, add vanilla and beat contents until it thickens. Turn into buttered pan before it sets, and let cool. ¼ cup of chopped nutmeats or raisins may be added while beating, if desired, or a cup of marshmallows, cut in pieces, may be beaten in.

CREAM CANDY

Crease a marble slab, or a platter. Put 2 cups granulated sugar, 1 cup boiling water and 1 tablespoon butter in saucepan over fire, stir until sugar dissolves, then cook without stirring. If beads form on sides of pan, wipe down with damp cloth. When a little of the syrup, tested in cold water, will make a hard, rubbery ball between fingers, remove from fire and pour on platter, or slab. Take up as soon as syrup can be handled and pull as long as possible. Form to slender rope on slab and cut in 1-inch lengths with shears. Flavor, while pulling, with ½ teaspoon of any desired flavor. Leave uncovered overnight, place in a glass jar with waxed paper between layers, and screw on top. The next day it will be so creamy it will dissolve on the tongue.

The reason candymakers prefer a marble slab is because it quickly cools the candy for working. An old marble bureau top is fine for this.

GLAZED FRUITS

String on strong, white linen thread or straws dry, sliced fresh pineapple, ripe grapes, sections of oranges and grapefruit. Put 2 cups sugar, 1 cup boiling water and ⅛ tablespoon of cream of tartar in saucepan. Stir until sugar dissolves, bring to boiling point and continue boiling without stirring until syrup spins a long thread from tip of spoon when tested. Remove saucepan from fire instantly and place in larger saucepan of cold water to stop boiling; then remove from cold water and place in a saucepan of hot water. Dip into it a string of the sliced fruits. It is easier to make these short and all of a kind on 1 thread, but vary them if you like. Dust with powdered sugar as fast as each is dipped and lay upon waxed paper to harden. Nuts may also be dipped in this way, but care must be taken not to split the meats in stringing.

SUNKISSED STRAWBERRIES

Wash berries, drain and hull them. For each pound of fruit take 1 pound of sugar, and don't do too many at a time — 3 pounds is a generous amount. Put them in a preserving kettle with enamel lining, make a heavy syrup with 3 pounds of sugar and 1 cup of water and pour this over berries, shaking kettle to cover the berries well. Set over fire and cook 15 minutes after boiling begins. Pour into earthen plates or platters, cover with glass, not too close to shut out the air, and set in the sun. In 2 days, if the sun is properly amorous, the syrup will be thick, richly colored and ready to store in jars or glasses, the same as for jelly.

Since no monopoly has got hold of the sun's heat yet, there's no charge for the cooking in this recipe.

SOFT GINGERBREAD

4 CUPS FLOUR
1 TEASPOON SODA
½ TEASPOON SALT
1 CUP SHORTENING
1 CUP MOLASSES
1 TABLESPOON GINGER
1 TEASPOON CINNAMON
½ TEASPOON NUTMEG
2 EGGS, WELL BEATEN
1 CUP SOUR MILK
1 CUP SUGAR

Mix flour, soda and salt and sift twice. Place shortening, molasses, sugar and spices in mixing bowl, set over boiling water and leave just long enough for contents to heat through, then beat all together until well blended. Add beaten eggs and milk, stir in sifted flour and beat vigorously. Pour into a greased and floured dripping pan, dust a little sugar over top and bake 35 to 40 minutes in moderate oven (350° F.). The cake may be cut in squares and eaten hot or cold, or cut in halves and put together with any preferred filling. A cup of currants or 1 of raisins, seeded, cut in pieces, with a little of the flour sprinkled through them, may be added to batter to give it a fruity taste; also 1 or both of the egg whites may be omitted and used for frosting. The batter if made a little thinner (about 2 tablespoons less flour), may be poured into patty pans, ⅔ full, and baked in 15 minutes.

Ready-to-mix gingerbread sold in packages is good and quicker to make, but even if they throw in a nickel tin you get little for

your money and have to turn on the oven besides. So while you are about it why not make a generous sized cake and have left-overs for snacking or next day's luncheon.

DATE CAKE

1 TEASPOON SODA
1 CUP HOT WATER
½ PACKAGE DATES, CUT IN PIECES
2 TABLESPOONS BUTTER
1 CUP SUGAR
1 EGG, WELL BEATEN
1½ CUPS FLOUR, SIFTED TWICE
¾ TEASPOON VANILLA

Dissolve soda in hot water, stir into dates and set aside till cold. Cream butter and sugar, add beaten egg, date mixture, sifted flour and vanilla; beat vigorously. Put in greased and floured cake pan and bake 30 minutes in moderate oven.

APPLESAUCE CAKE

2 CUPS FLOUR
1 TEASPOON SODA
1½ TEASPOONS CINNAMON
¼ TEASPOON CLOVES
½ CUP BUTTER, OR OTHER SHORTENING
1 CUP SUGAR
1 CUP RAISINS, SEEDED
1 CUP COLD THICK APPLESAUCE, STRAINED

Cream butter, add sugar gradually and beat until light and fluffy. Mix and sift flour twice with soda and spices. Add alternately with applesauce to first mixture, a small amount at a time; and stir in raisins dredged with a little flour saved out for the purpose. Put into a buttered and floured cake pan and bake 40 minutes in moderate oven (350° F.), or bake 15 minutes in patty pans.

This cake is not only inexpensive but it is decidedly reminiscent of rich fruit cake in taste and surely is easier on the digestion. It is an old American recipe that should never be left out of the home baker's repertoire.

SPICE CAKE

¾ CUP MOLASSES
3 TABLESPOONS BROWN SUGAR
1½ TEASPOONS CINNAMON
¾ TEASPOON NUTMEG
2 EGG YOLKS, WELL BEATEN
¾ CUP BOILING WATER
1½ CUPS FLOUR
1 TEASPOON SODA

Mix molasses, sugar, spices and beaten yolks together, add boiling water and beat thoroughly; add flour, sift twice, with soda, and beat again. Bake in 3 layers in moderate oven and put together with a frosting made with the 2 egg whites. One tablespoon ginger may be used for spice if preferred. An excellent everyday cake.

FEATHER CAKE

2 TABLESPOONS BUTTER
1 CUP SUGAR
2 EGGS
1½ CUPS FLOUR
1½ TEASPOONS BAKING POWDER
¼ TEASPOON SALT
½ CUP MILK

Stir butter, sugar and eggs together and beat well. Sift flour, baking powder and salt together and add alternately with milk to first mixture, a small quantity at a time. Bake in 2 greased layer-cake pans 25 to 30 minutes in moderate oven (360° F.). Put together with any desired filling, jelly goes fine with it. The cake may also be baked in muffin pans. There are many variations to this plain cake. You may stir a cup of grated coconut into the batter or a cup of nutmeats for a change; or if 2 tablespoons of flour are omitted and a grated ounce of chocolate added with a teaspoon of vanilla extract for flavor, you will have a chocolate cake. The grated yellow of an orange and a little of the juice will lend it another flavor. 1 scant cup of floured raisins or currants or a little chopped citron may be added for a fruit cake, but 2 more tablespoons of shortening will be needed to keep the cake from becoming dry and crumbly.

INEXPENSIVE COCOA CAKE

2 TABLESPOONS COCOA
1½ CUPS FLOUR
1 TEASPOON BAKING POWDER
½ TEASPOON SODA
½ TEASPOON SALT
1 CUP SOUR MILK
1 EGG, WELL BEATEN
1 CUP SUGAR
2 TABLESPOONS SOFTENED BUTTER
1 TEASPOON VANILLA

Sift together first 5 ingredients. Whip sour milk, add to beaten egg and beat thoroughly; beat in sugar and softened butter; add vanilla, give a final beating and fold in the sifted flour mixture. Spices may be used for seasoning, if desired, and 2 or 3 tablespoons

of shortening added for a slightly richer cake. Bake in a moderate oven as cup cakes, in a sheet, or in layers. Inexpensive, but surprisingly good. Baked in 3 layers and put together with plain boiled frosting, this cake is at its best.

BOILED FROSTING

1½ CUPS SUGAR
½ CUP HOT WATER
2 EGG WHITES, BEATEN TILL STIFF
FLAVOR AS DESIRED

Put sugar and water in saucepan, stir until sugar is dissolved and bring to boiling point. Boil without stirring (if crystals form on sides of pan wipe down with dampened cloth) until syrup will spin a long thread when dropped from spoon. Add flavor and pour syrup gradually into beaten egg whites while beating constantly. Continue beating until of right consistency to spread. For 1 egg white use 1 cup of sugar, ⅓ cup of water and add ¼ teaspoon of cream of tartar.

This frosting may take a little more skill to make than a butter frosting or one made with confectioner's sugar, but it is well worth the trouble, since it has no peer when it comes to real creaminess in taste. Besides it may be varied ad infinitum by additions to the frosting. Nutmeats, chopped figs, marshmallows, raisins, dates or a melted square of chocolate are a few suggestions.

ECONOMY QUICK CAKE

1 CUP FLOUR
1 CUP SUGAR
¼ TEASPOON SALT
2 TEASPOONS BAKING POWDER
4 TABLESPOONS SHORTENING
2 EGGS
SKIMMED MILK
FLAVOR TO TASTE

Mix flour, sugar, salt and baking powder in a bowl without sifting. Put shortening, which must be soft, into a cup; break in eggs, beat slightly and fill up cup with milk. Add this slowly to dry ingredients, stirring constantly. Beat until bubbles appear, then flavor with vanilla, lemon or almond extract. It is an accommodating cake, since it may be baked as a loaf, in 2 layers, or in muffin pans. Also 1 egg white may be reserved for frosting. If you're out for economy try this one: beat the egg white with a thinly sliced

ripe banana, added gradually. With an egg beater continue beating until mixture is a light creamy froth. Sweeten with powdered sugar and flavor to taste.

If baked in layers, this cake takes kindly to any fruit jelly filling. Lemon jelly, made with 1 cup sugar, juice and grated rind of 1 lemon, 1 tablespoon water and 2 teaspoons flour, mixed and cooked in double boiler until thick, is a delicious spread. And try this one: pare and grate 1 large sour apple, mix with it 1 cup sugar, the juice and grated yellow rind of 1 lemon and boil 3 minutes. Cool and spread between cakes.

Fresh fruit whips are superfine when chilled and served with cake. Crush 1 cup of any ripe flavorsome fruit with 1 cup of sugar, whip it well together with 2 egg whites for 2 or 3 minutes, then with egg beater continue beating as long as the elbow holds out. Fruit marmalades are also good, in winter when fresh fruit is scarce.

LAYER CAKE (WITHOUT BUTTER)

1 CUP POWDERED SUGAR
2 EGG YOLKS
1 CUP FLOUR
½ TEASPOON SALT
1½ TEASPOONS BAKING POWDER
2 TABLESPOONS MILK
¾ TEASPOON VANILLA OR LEMON
2 EGG WHITES, BEATEN TILL STIFF

Beat egg yolks with sugar. Sift flour with salt and baking powder, add ½ to first mixture and beat well; beat in milk and flavor, add remaining flour and beat again. Fold in beaten egg. Bake in 2 layers in moderate oven. This cake is quite like a sponge cake and is especially good with a cream or chocolate filling.

CHOCOLATE CAKE

2 TABLESPOONS BUTTER
1 CUP SUGAR
1 EGG, WELL BEATEN
2½ TEASPOONS BAKING POWDER
2 CUPS FLOUR
⅛ TEASPOON SALT
1 CUP MILK

Cream butter and sugar, add beaten egg. Mix and sift flour, baking powder and salt, and add alternately with milk to first mixture, beating well after each addition. Bake 25 minutes in 3 oiled layer-cake pans in moderate oven. For chocolate filling, put

6 tablespoons grated chocolate, 1 cup sugar, 1 cup milk and 1 egg into double boiler; cook until thick, stirring constantly, then add 1 teaspoon vanilla and spread between layers and on top of cake.

These cakes are too good to be restricted to a chocolate filling only. They will combine most happily with any desired filling or frosting.

SNAP DOODLE

Turn above cake batter into a greased dripping pan for this delectable. Sift powdered sugar over top and over that either grated chocolate or coconut. Bake in moderate oven. When done cut in squares and eat hot.

BREAD PUDDING WITHOUT MILK

Put 1½ cups stale bread crumbs into a bowl and just cover with boiling water. When soft, mix with them a cup of any fruit on hand, cooked or fresh, add 2 tablespoons melted butter and 2 well-beaten egg yolks. Beat all together thoroughly, sweeten and spice to taste. Put in buttered dish and bake 20 minutes in moderate oven. Make a meringue with egg whites, spread on finished pudding and brown lightly in oven. Dot generously with jelly when served and no sauce will be required. Homemade jelly, of course, the frugal housewife always puts up during summer, while fruits run riot, and stores as a sort of insurance against leaner days.

APPLE PUDDING, SPICED

3 CUPS BREAD CRUMBS
1 PINT SCALDED MILK
3 CUPS CHOPPED APPLES
1 CUP SUGAR
2 EGG YOLKS, BEATEN TILL THICK
3 TABLESPOONS BRANDY
1 TABLESPOON CINNAMON
½ TEASPOON CLOVES
1 TEASPOON MACE
2 EGG WHITES, BEATEN TILL STIFF

Pour hot milk over bread crumbs and let stand until well softened. Beat until creamy, add apples, sugar, beaten yolks, brandy and spices, folding in beaten whites last. Bake about 30 minutes in moderately hot oven (375° F.) until pudding is set and delicately browned. May be eaten with most any sweet sauce.

COTTAGE PUDDING

¼ CUP SHORTENING
¾ CUP SUGAR
1 EGG
1 CUP MILK
2 CUPS FLOUR
¼ TEASPOON SALT
2 TEASPOONS BAKING POWDER
FEW GRATINGS OF NUTMEG

Cream butter and sugar and beat until light and frothy. Sift flour, salt, baking powder and spice together and add alternately with milk to first mixture, beating after each addition. Bake in greased, round pudding dish about 35 minutes in moderate oven (350° F.). Bring hot to the table and cut like cake. Serve with any sweet sauce. The following is a simple but tasty one: dissolve 1 cup of sugar in 2 cups boiling water, stir in 2 tablespoons cornstarch, which has first been mixed with a little cold water until smooth. Cook 5 minutes, stirring constantly, remove from heat and stir in butter. Flavor to taste with vanilla or any desired spice and 1 tablespoon lemon juice or a little less of vinegar.

The same sauce with any flavor variation you like will make a company dish of this pudding: cream ⅓ cup of butter with 2 cups of sugar; stir 2 scant tablespoons cornstarch, first mixed with a little cold water, into 1½ cups boiling water and cook while constantly stirring until thickened. Turn into a bowl, add juice of 1 lemon, half of grated rind and creamed mixture. Beat at least 3 minutes and return to saucepan. Reheat not quite to boiling point, add ½ cup wine and serve.

BAKED CUSTARD

4 EGGS
½ CUP SUGAR
½ TEASPOON SALT
1 TEASPOON VANILLA, OR OTHER FLAVOR
1 QUART SCALDED MILK

Beat eggs slightly, add sugar, salt, and flavoring and gradually stir in scalded milk. Pour into buttered cups or 1 large mold. Set in pan of hot water and bake in moderate oven (350° F.) 30 to 40 minutes if in cup molds; 20 to 30 minutes longer if in large mold. Insert a silver-plated knife in center of custard; when done the knife will come out clean. Cinnamon, a few gratings of nutmeg, or coconut may be sprinkled over custard when ready for oven. Many variations of the custard may be made by placing a layer of cooked

and sweetened fruit in bottom of buttered mold before pouring in custard and baking. Apples, pitted peaches, prunes, apricots, or pears, with a little chopped ginger, are all excellent for the purpose. Canton ginger is best and can be bought in any Chinatown for a fair price. It comes in beautiful peasant pottery jars that are useful vases for years after the ginger's gone.

SNOWY PLUM PUDDING

1¼ POUNDS FLOUR
1 CUP SWEET CREAM
1 POUND SEEDED RAISINS
½ CUP MILK
4 OUNCES CURRANTS
4 OUNCES MASHED POTATOES
1 CUP BROWN SUGAR
½ CUP SNOW

Mix and work ingredients thoroughly together, season with spice to taste, and when ready to put into the pudding bag, stir ½ cup of fresh clean snow very quickly into the mixture. Two tablespoons of snow are equal to 1 egg in making any pudding light, so the snow in this recipe takes the place of 4 eggs, a saving of 15¢. Besides, the snow feature makes interesting table talk and really gives new snap to this ancient pudding. It was invented, of course, by resourceful pioneers who had plenty of snow in winter but almost no eggs.

XXVII *Frozen Desserts*

The ghastly exposé of certain commercial ice creams and similar frozen products has driven many of us back to the home freezer. Such foods should be under the same control as our milk supply, since they are subject to the same adulterations, and are carriers of typhoid and other dangerous disease germs. But legal standards for the manufacturers are undoubtedly too low and inspection to enforce existing laws has proved inadequate.

The Consumers Union tests of over forty bulk and packaged frozen creams and milks, made in New York City and probably typical of most cities, revealed that many of the well known makers are guilty of slick practices to defraud the public and of permitting unwholesome conditions of manufacture. In the case of bulk ice creams, the chance of uncleanliness of the distributor doubles the health risk. Since the same survey revealed that there are pure products on the market, and that all ice creams are not blown up with air or deficient in butter fat, it becomes the personal concern of every consumer to protect both health and pocket book. The best buys come in bulk, but it is not enough just to take a peek at the

dealer's refrigerator, his utensils, hands, and the cloths with which he washes up. Local plants, where the stuff is made, should also be checked. An active housewives' association is the best spur toward a clean ice cream factory.

Let no woman repine that she hasn't an electric refrigerator when it comes to making frozen desserts. We have tried about twenty recipes in our refrigerator before returning to the old fashioned ice-salt-grinding method, at least until the time when refrigerator freezing units are better adapted to this purpose. We got the worst results from packaged "mixes," finding them deficient in quality. A number of our recipes, based on milk, which required eggs, cornstarch, flour or gelatin to give body, had to be removed and stirred so many times to ensure smoothness that the labor and attention seemed greater than if we had made one job of it in a freezer. The long freezing time required, never less than four hours, made the process a nuisance, too. From all points of view, there was only one recipe we ever cared to repeat, and that was a mousse; just pure cream, seasoned and sweetened. And this is not so expensive as it sounds, for the cream is always whipped for mousses, making it go twice as far. Since no other liquid was added, the whipped cream froze smooth and rich without stirring.

Our second choice, not so flavorsome, but more economical, was a combination of whipped cream and gelatin dissolved in milk, as follows:

REFRIGERATOR ICE CREAM

1 TABLESPOON GRANULATED GELATIN
½ CUP COLD WATER
1 CUP HOT MILK
½ CUP SUGAR
⅛ TEASPOON SALT
1 CUP WHIPPING CREAM
½ CUP POWDERED SUGAR
1½ TEASPOONS VANILLA

Sprinkle gelatin over surface of cold water; add hot milk, sugar and salt; stir until gelatin dissolves; let cool until it begins to thicken; then whip until light. Whip cream until stiff, add powdered sugar and vanilla; fold into whipped gelatin. Put into ice trays and freeze; stir once, after freezing for an hour.

When we moved to the country last Spring, no one in the Brown family was sorry to exchange the little apartment kitchen, with its

electric refrigerator, for a real kitchen and an old-fashioned icebox. For less than a dollar we bought a freezer which makes two quarts of ice cream in a jiffy, with a minimum of ice and salt. On hot days we have had our own frozen desserts which cost no more, even when made entirely of cream, than the blown-up counterfeits sold by local purveyors. We can buy a quart of cream — but no less than a quart — from our milkman at the wholesale price, around 60¢. Then we add a pint of something to it, and the mixture swells to two quarts in freezing. That pint of something may be one cup of crushed fruit and one cup of the same fruit, but cut up — not crushed — peaches, berries, bananas, or canned pineapple. The crushed fruit is mixed with the cream, then sweetened to taste, and the cut-up fruit, first sweetened, is put into the freezer when the mixture has begun to congeal. If no suitable fruit is at hand, we just add a tin of evaporated milk instead, to make up the proper bulk, sweetening and seasoning as we like.

Such ice creams as these are rich in butter fat, and the expense of them can be charged up to the nourishing part of the meal. But since we eat frozen desserts for their comfort-giving coolness rather than for nourishment, a frozen custard answers the same purpose at smaller cost, and has a quality all its own, except when it's made in one of those fraudulent Coney Island contraptions, which use more air than any other ingredient.

FROZEN CUSTARD

2 TINS EVAPORATED MILK
2 CUPS WATER
1½ TABLESPOONS FLOUR
1 CUP SUGAR
¼ TEASPOON SALT
1 EGG
1½ TEASPOONS VANILLA

Mix 1 tin evaporated milk with 1½ cups water. Blend flour with ½ cup water until no lumps remain; pour into thinned milk through a sieve; add sugar and salt; bring to boiling point, stirring constantly; then cook 5–10 minutes in double boiler. Beat egg with a little evaporated milk until well mixed; add, stirring until it thickens slightly. Take from fire before egg can curdle. Cool and chill. When ready to freeze, add remaining evaporated milk and vanilla.

If a vanilla bean is used — and the difference of flavor is worth it — cut off two inches of bean and cook with the custard, saving the cooked bean to use again several times.

LEMON ICE CREAM

JUICE 6 LEMONS
1½ CUPS SUGAR
⅛ TEASPOON SALT
2 TINS EVAPORATED MILK
2 EGG WHITES

Mix lemon juice, sugar and salt. Slowly add to milk. Start to freeze, and when mixture is mushy, fold in the stiffly beaten egg whites.

PLAIN VANILLA ICE CREAM

This old-time favorite has stood the test of popularity for a century, ever since Carlo Gatti introduced ice cream to England and other Italians brought it over to this country:

1 QUART SWEET CREAM
½ POUND SUGAR
VANILLA BEAN

Scrape the small black seeds from a two-inch section of vanilla bean and mix pod and all into cream and sugar, dissolving the sugar in the cream over gentle heat and removing the piece of vanilla bean pod before cooling the mixture and freezing. This seedless vanilla bean pod can be used several times for flavoring other dishes, and should always be saved until it gets as worn out as an old piece of leather.

The black specks of vanilla seeds were formerly thought to be pepper, put in for the sake of the stomach, to heat up the cold dish and counteract any ill effect on the digestion. At least one modern ice cream maker still uses this unbeatable recipe and advertises "Look for the specks!" to prove it's genuine. Old-timers used to dust their pre-sundaes with the pepper shaker, too. It's terrible!

Mexican vanilla beans are much better than even the best pepper. Usually they're sold singly in glass tubes about 8 inches long, costing about a quarter, and to our mind they are better value than liquid vanilla extracts, which of course have only a trace of the true flavor of the bean.

CHOCOLATE

2 QUARTS CREAM
1 POUND SUGAR
2½ OUNCES CHOCOLATE, MELTED
VANILLA EXTRACT, OR BEAN

Heat cream and sugar until sugar is dissolved, add to melted chocolate, flavor with vanilla, strain through muslin, cool and freeze.

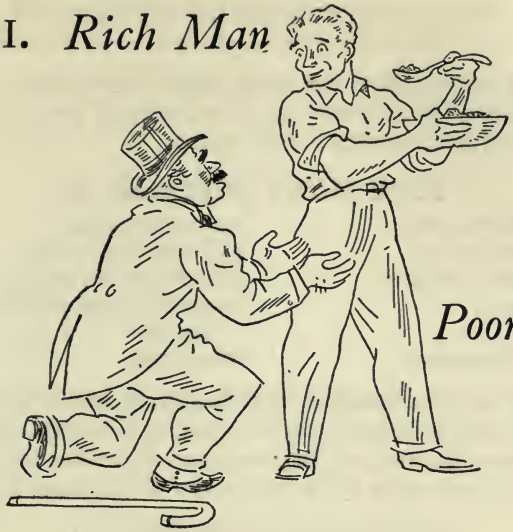
PEANUT ICE CREAM

2 CUPS SUGAR
2 QUARTS MILK
2 CUPS CREAM
3 EGGS
VANILLA BEAN
2 CUPS PEANUTS

Brown 1 cup sugar and stir into milk, then put in the second cup of sugar plain. Whip eggs, add cream and flavor with a 2-inch piece of vanilla bean and add to sugar and milk mixture. Crush roasted peanuts fine and stir them in last. Freeze.

Since peanuts are rich in fat and, indeed, a cream as well as oil is extracted from them, this recipe calls for much more milk than cream, yet it will be quite as rich as old-fashioned ice creams which call for cream only.

XXVIII. *Rich Man*



Poor Man

It's enlightening, even refreshing, to contrast lavish recipes for indigestible dishes, made to tickle the palate of the rich and often labelled *à la Financière*, with others that have been known for centuries as Poor Man's Sauce, Poor Man's Pudding, Poor Boy Sandwiches, Poor this and Poor that till you're blue in the face. Some are lousy, others swell; and when it comes to a steady diet the poor-boy recipes have the splurgy ones beat a mile, but what gets us down is the silly self-consciousness of the poor themselves who invented these sound recipes out of sheer need, yet refuse to admit their own poverty by evasively naming their cheap but sound sauces and sweets after some mythical "Poor Man" who couldn't possibly be they themselves.

So here's an ancient sample of about as flossy a billionaire sauce as can be thrown together:

> Take red wine, gravy, sweet herbs, and spice, in which toss up lamb stones, cockscombs boiled, blanched and sliced, with sliced sweetbreads, oysters, mushrooms, truffles, and morels; thicken these with brown butter, and use it occasionally when wanted to enrich a ragout of any sort.

And in contrast, here are some classic Proletarian Puddings; the first, calling for only one egg, is a dandy, if you can squeeze a little rum out of the bottle for the sauce:

POOR MAN'S PUDDING (1)

1 EGG, LIGHTLY BEATEN
2 TABLESPOONS SUGAR
4 TABLESPOONS MOLASSES
1½ CUPS FLOUR
SALT
1 TEASPOON CINNAMON
1 TEASPOON SODA
1½ CUPS HOT WATER
½ CUP RAISINS, FLOURED
2 TABLESPOONS SHORTENING, MELTED
RUM SAUCE

Stir sugar and molasses into beaten egg, sift in flour, salt and cinnamon. Dissolve soda in a little hot water and beat in. Add shortening and raisins. Grease pudding mold and fill within an inch of top, cover closely and steam 1½ hours. Serve with rum or lemon sauce.

POOR MAN'S PUDDING (2)

Cut a roll into thin slices, leaving the crust on; pour over them 1 pint of milk mixed with two beaten eggs and a small quantity of sugar and grated nutmeg. Let the slices soak in this custard for an hour, pour it off, and let them drain for an hour; then fry them brown, and serve hot with wine sauce.

POOR MAN'S PUDDING (3)

Take some stale bread; pour over it some hot water, till it is well soaked; then press out the water and wash the bread; add some powdered ginger, nutmeg grated, and a little salt; some rose water or sack, some sugar, and some currants; mix them well together, and lay it in a pan well buttered on the sides; and when it is well flatted with a spoon, lay some pieces of butter on top; bake it in a gentle oven, and serve it hot. You may turn it out of the pan when it is cold, and it will eat like a fine cheesecake.

(For A Poor Boy Sandwich, see chapter on Sandwiches.)

AN UMBLE PIE

Take the humbles of a buck, boil them, chop them as small as meat for minced pies and put to them as much beef suet, eight

apples, half a pound of sugar, a pound and a half of currants, a little salt, some mace, cloves, nutmeg, and a little pepper; then mix them together into a paste; add half a pint of sack, the juice of one lemon and orange, close the pie, and when it is baked, serve it up.

POOR MAN'S SAUCE (1)

Pick a handful of parsley leaves from the stalks, mince them very fine, strew over a little salt; shred fine half a dozen young green onions, add these to the parsley, and put them in a sauce-boat, with three tablespoonfuls of oil, and five of vinegar; add some ground black pepper and salt; stir together and send it up.

Pickled French beans or gherkins, cut fine, may be added, or a little horseradish.

This recipe, from Dr. Kitchiner's *Cook's Oracle*, more than a century old, has the added observation: "This sauce is in much esteem in France, where people of taste, weary of rich dishes, to obtain the charm of variety, occasionally order the plain fare of the peasant."

In Dr. Kitchiner's day the rich were supposed to have different tasters from the poor and that swanky line of his — "and send it up" refers to the wife or slavy who cooked in a basement scullery and "sent it up" to master or husband by some under-slavy, usually a child, to the dining room on the main floor. And even today England clings to the scullery and slavy, which sharply divides both the sexes and the "clawses." Indeed, an English woman of any "rank" is supposed to shine her husband's shoes.

POOR MAN'S SAUCE (2)

2 TEASPOONS CHOPPED SHALLOTS
1 TEASPOON MINCED PARSLEY
1 TEASPOON MINCED TARRAGON
3 TABLESPOONS VINEGAR
2 TABLESPOONS BROTH
PEPPER
SALT

Put everything in a saucepan and boil a few minutes.

POOR MAN'S SAUCE (3)

I CUP BROTH I TABLESPOON CHOPPED ONIONS
I SLICE LEMON

Cook together until onions are soft, remove lemon and serve.

Equal parts vinegar and water with chopped shallots, lemon juice, pepper and salt.

English cooks say this is extra good for warming up cold mutton.

Some stir a beaten egg yolk into any of the above sauces to make them richer.

XXIX. "*We Dine for the Poor*"

In "Old Cookery Books" W. C. Hazlitt tells how a farm owner in Shakespeare's time indulged his "hinds" by feeding them some of the meat they fattened for him, twice a week, on Sunday and Thursday, which of course is much more than the modern share-cropper gets. But Hazlitt says this was exceptionally good treatment and gives us quaint culinary news from another food writer, Tobias Venner, who shook a mean quill in the time of "Good Queen Bess":

> Venner considered two meals a day sufficient for all ordinary people, — breakfast at eleven and supper at six (as at the universities); but he thought that children and the aged or infirm could not be tied to any rule. He condemns "bull's beef" as rank, unpleasant, and indigestible, and holds it best for the laborer; which seems to indicate more than anything else the low state of knowledge in the grazier, when Venner wrote: but there is something beyond friendly counsel where our author dissuades the poor from eating partridges, because they are calculated to promote asthma. "Wherefore," he ingeniously says, "when they shall chance to meet with a covey of young partridges, they were much better to bestow them upon such, for whom they are convenient."

And all the way through culinary literature we find this idea persisting: that the fat of the land is far too good for the people who

produce it. Workers, until recently, were supposed to have different tasters and partridges have always been considered too rich for their blood. This line of unreasoning was established by gormandizing medieval monks who spent most of their waking hours sampling special dishes and brews, rolling their eyes and patting their stomachs, while they purred, "Ah, this is much too good for the laity." To be sure, these charitable priests gave beer and black bread to pilgrims who tottered starving to their gates, but it was a cheaply brewed "small beer" handed out with "coarse" bread while they regaled themselves on specially brewed "strong beer" with fancy cakes, and even in the Lenten season brotherly cooks smuggled into their refectories great dishes of forbidden meat camouflaged under coverings of fish, which made chance penitents think the fathers were keeping their fast honestly.

We still have traces of the best-being-none-too-good-for-the-clergy in poor women who save a drop of good drink they can't afford to taste themselves to give to the priest when he comes to pray with them. And among Protestants the Sunday chicken dinner for the minister is an established custom, with the wishbone for him and the backbone for the family, who subsist on corned beef the rest of the week. All of which parallels the practice in darkest Africa where the medicine men get free beer parties to keep them from casting the evil eye on tribal herbs.

The low food standards of English workers in 1750 is recorded in the preface to Mrs. Glasse's cookbook where, for the first time, she points to the great gulf between the diets of the classes and tells of difficulties she encountered in an "attempt to instruct the lower sort":

> For example, when I bid them lard a fowl, if I should bid them lard with large lardoons they would not know what I meant; but when I say they must lard with little pieces of Bacon, they know what I mean.

In spite of this, during the craft period "the labourers dyet" is recorded as "Milk, butter and cheese . . . . and a pot of good Beer quickens his spirits." On the other hand, a survey of today's worker's diet in the *New York Times* says he can't afford to buy milk,

but subsists on pork and cereals, while nothing is said about the bad beer, now made with rice to give it a cheap kick, for which he pays a dime a glass. This looks like Liberty League propaganda, but it serves to remind us of Hoover's failure to provide "two chickens in every pot," a failure everlastingly recorded in the name "Hoover hog" for the armadillo on which depression residents in Mexican-border Hoovervilles sub-subsist.

It is true also that the majority of dispossessed farmers, especially in the South, don't even get the pork, but exist on unappetizing cornmeal mush which they call "hushpuppy" because it attempts to still the inward cries of hunger. And Erskine Caldwell has shown us whole populations of 100% Americans who are down to a diet of grubs and clay. Likewise the grasshopper ravages have driven Western farmers to eating that pest which has left them nothing else to feed on, even as Chinese coolies were driven to making sweetmeats of roast locust thousands of years ago. And while baked grasshoppers are a genuine addition to our national menu, the same as cooked crows in the corn belt, the obvious objection to both is that there's nothing else to vary the monotony of the diet. It smacks of the enlisted Navy man's bean song, with the melancholy refrain, "All American mothers, I want to say to you, Monday b-e-a-n-s, Tuesday s-o-o-u-p, Wednesday b-e-a-n-s — all American mothers, I want to say to you!"

For it doesn't matter how great a delicacy any food is, too much of it is plenty — as is eloquently proved by early laws which forbade voracious Southern planters feeding their slaves terrapin more than twice a week and likewise shad and shad roe, both of which are expensive delicacies today but used to be so common they were shoveled out as the cheapest food, costing the owner nothing beyond the labor of bringing them in by the ton.

But now that the organization of labor is helping the toiler enjoy more of the fruits of his own production, there's no fear of his ever again slipping back to abjectly taking a repulsive diet lying down.

"COOKERY FOR THE POOR"

Passing from Shakespearean times to our revolutionary war period, let us observe the illuminating "General Remarks and

Hints" in *A New System of Domestic Cookery, formed upon principles of economy; and adapted to the use of private families throughout the United States*, published in 1800 and signed significantly "By a Lady."

> I promised a few hints, to enable every family to assist the poor of their neighborhood at a very trivial expense; and these may be varied or amended at the discretion of the mistress.
>
> Where cows are kept, a jug of *skimmed* milk is a valuable present, and a very common one.
>
> When the oven is hot, a large pudding may be baked, and given to a sick or young family; and thus made that trouble is little: Into a deep coarse pan put half a pound of rice, four ounces of coarse sugar or molasses, two quarts of milk, and two ounces of drippings; set it cold into the oven. It will take a good while, but be an excellent solid food.
>
> A very good meal may be bestowed in a thing called brewis which is thus made: Cut a very thick crust of bread, and put it into the pot where salt beef is boiling and near ready: it will attract some of the fat, and when swelled out, will be no unpalatable dish to those who rarely taste meat.

Although brewis brings up thoughts of hearty Scotch days when "the top of the pot and tail of the herring" were the choice servings reserved for the head of the house, this thin pot is more reminiscent of the Irish potato famine when a cold potato and a glass of buttermilk was almost a banquet. Our "lady" authoress considered a crust of bread soaked in the salt pork scum, that otherwise would have been skimmed off and thrown away, as a "thing" plenty good enough for "those who rarely taste meat."

"A jug of *skimmed* milk," and a "coarse" pudding, made with little trouble and "trivial expense" puts us in mind of Mrs. Hearst's milk fund charities, the milk of human kindness of Borden and Sheffield and the lousy bread lines maintained by the charitable ladies and gents down to this day.

But we can't leave this "lady" writer of 1800 without quoting her admonition about the staff of life:

> Bread is now so heavy an article of expense that all waste should be guarded against, and having it cut in the (dining) room will tend much

to prevent it; since the scarcity in 1795 and 1800, that custom has been much adopted.

From this we see that the poor were crying for bread just after the Revolution even as they were under the queen who said "Let 'em eat cake" and later under Mayor Walker who brought that wisecrack up to date. Obviously, the cookbook-writing "lady" warns against the "waste" of bread that might come about through some starving Jean Valjean helping himself to a heel in the pantry. Yet her advice about cutting the loaf in person comes handy in this day when baking trusts get away with twelve cents a loaf and take care to slice it as thick as they can, to make sure that we'll waste enough of every loaf to insure a 12% dividend for them. They cut the end crusts a little closer, to make them too awkward to eat, and as a result most of them are thrown away. So, in spite of the modern convenience of pre-cut bread, which, by the way, even a Government Bulletin warns us against, those of us who can't afford any waste and really know the taste of fresh bread will buy loaves whole and slice them in person, as needed.

It was not until the year 1823 that anybody spoke up in a cookbook for the vast majority of all eaters, the Have-nots. This was in William Cobbett's *Cottage Economy:*

> I am strongly disposed to believe that the manufacture, the establishment of which I am endeavoring to promote, will be beneficial to my country in many respects, and particularly, that it will tend to better the lot of the laboring classes; to cause them to live better than they now live; to give them better food and better raiment than they now have; and to assist in driving from their minds the effects of that pernicious and despicable cant which has long been dinning into their ears, *that hungry bellies and ragged backs are marks of the grace of God.*

And such brave words have not appeared in the thousands of cookbooks that have gone under the bridge since. Practically all of which are written for the Haves, in the elegant style of that famous French chef Soyer who gave his whole culinary genius to keeping Queen Victoria well-fattened. Contrast Cobbett's honest, human expression with this high-sounding bunk from Soyer's *Pantropheon:*

> The Greeks and Romans — egotists, if there ever were any — supped for themselves, and lived only to sup; our pleasures are ennobled by views more useful and more elevated. *We often dine for the poor*, and we sometimes dance for the afflicted, the widow, and the orphan.

Soyer's "we" is purely rhetorical, for by it he means the Dukes and Duchesses, Ducks and Drakes who were his patrons about a century ago. They, not he, held charity dances and banquets where the "quality" danced and ate "for the poor" — while Soyer and his working class stood well outside that classy circle, content with the Lord's Cold Potato, the 10% for charity which the Lords and Ladies dispensed to calm their consciences.

But from merely bending the knee in his *Pantropheon* Soyer gets right down and grovels on the ground in another cookbook grandly called *The Gastronomic Regenerator*. Its dedication is topped with the royal arms of his patron, The Duke of Cambridge, consisting of crowned lions, knight's armor, a unicorn and *Dieu et mon Droit*, as well as *Honi soit qui mal y pense:*

> To His Royal Highness
> *The Duke of Cambridge*
>
> Your Royal Highness,
>
> The gracious condescension which permits of the dedication of this Work to your Royal Highness, adds another of the many claims upon my devotedness and my gratitude.
>
> I have the high honour to be
>
> Your Royal Highness'
> Most obedient and humble Servant
> Alexis Soyer.

But Soyer doesn't stop there, he goes into one of those fanciful-literary recipes which have been popular with patrons and potentates since the time of Caesar, giving the following ingredients for making "The Celestial and Terrestrial Cream of Great Britain."

> "Procure, if possible, the antique Vase of the Roman Capitol . . . (on the glittering rim of which three doves are resting in peace), and in it deposit a Smile from the Duchess of Sutherland; then add a Lesson from the Duchess of Northumberland . . . an invitation

from the Marchioness of Exeter . . . a reception from the Duchess of Leinster; an Autocratic Thought from the Baroness Brunow . . . the protection of the Countess of St. Aulaire . . . the Sylphlike form of the Marchioness of Abercorn; a Soiree of the Duchess of Beaufort; a Reverence of the Viscountess Jocelyn; and the good-will of Lady Palmerston.

Season with the Piquante Observation of the Marchioness of Londonderry; the Stately Mien of the Countess of Jersey; the Tresor of the Baroness Rothschild; the Noble Devotion of Lady Sale. . . .

Amalgamate scientifically; and should you find (it) does not mix well, do not regard the expense for the completion of a dish worthy of the Gods!

Endeavor to procure, no matter at what price, a Virtuous Maxim from the Book of Education of Her Royal Highness the Duchess of Kent; a Kiss from the Infant Princess Alice; an Innocent Trick of the Princess Royal; a Benevolent Visit from the Duchess of Cambridge . . . and the Munificence of Her Majesty Queen Adelaide.

Cover the Vase with the Reign of Her Most Gracious Majesty, and let it simmer for half a century, or more, if possible, over a Fire of Immortal Roses.

Then uncover, with the greatest care and precision, this Mysterious Vase; garnish the top with the Aurora of a Spring Morning; several Rays of the Sun of France; the Serenity of an Italian Sky; and the Universal Appreciation of the Peace of Europe.

Add a few Beams of the Aurora Borealis; sprinkle over with the Virgin Snow of Mount Blanc; glaze with the Eruption of Mount Vesuvius; cause the Star of the Shepherd to dart over it; and remove, as quickly as possible, this chef-d'oeuvre of the nineteenth Century from the Volcanic District.

But in 1937 this all sounds very indigestible, for times have changed. Perhaps the poor, including writers of cookbooks, won't always be with us. We leave you with those pleasant possibilities to gnaw on and hope to pass along others as we grow older and you grow wiser.

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